Leos of SriLanka & Maldives
INSPIRING LIVES

SAILING CATAMARAN

AMONG THE STARS YOU ARE NEVER ALONE.

September 2026
Volume 7, Issue 3

Celebrating Suicide prevention awareness month

Leos of SriLanka & Maldives
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Greetings from Catamaran

TREASURER'S MESSAGE

LEO LINUKE FERNANDO



It is my great pleasure to extend my warmest greetings to all our fellow Leos through another edition of Sailing Catamaran, the official newsletter of the Leo Club of Negombo Catamaran. As we continue our journey of service, each project and initiative stands as a reflection of our dedication, teamwork, and commitment to making a meaningful difference in our community.

As the Club Treasurer, I firmly believe that responsible financial management is one of the foundations of a strong and sustainable club. Every contribution, resource, and opportunity entrusted to us carries a responsibility, and through proper planning, transparency, and accountability, we can ensure that our resources are utilized wisely and create the greatest possible impact through our service.

May this edition of Sailing Catamaran capture the milestones, memories, and meaningful moments of our journey. Let us continue to move forward with financial responsibility, unity, and the true spirit of Leoism, turning every opportunity into an avenue for service and every contribution into an impact that lasts.

With warm Leoistic regards,
Leo Linuke Fernando
Club Treasurer
Leo Club of Negombo Catamaran

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Greetings from Catamaran

ASST. TREASURER'S MESSAGE

LEO VIMUKTHI PEIRIS



Every successful journey is built on more than the destination—it is shaped by the responsibility, dedication, and teamwork that guide every step along the way. As we set sail through another chapter of our Leo journey, it is a privilege to share my greetings through Sailing Catamaran, the official newsletter of the Leo Club of Negombo Catamaran.

As the Assistant Treasurer, I have witnessed how thoughtful planning, responsible financial management, and accountability play an essential role in turning our visions into meaningful service. Every resource entrusted to our club is an opportunity to create an impact, and together with the Treasurer, I remain committed to supporting the responsible and transparent management of those resources.

May this edition reflect not only the projects we have accomplished, but also the dedication and teamwork behind them. Let us continue our voyage with integrity, purpose, and unity, ensuring that every contribution becomes a step towards greater service and every initiative leaves a lasting mark.

With warm Leoistic regards,
Leo Vimukthi Peiris
Assistant Treasurer
Leo Club of Negombo Catamaran

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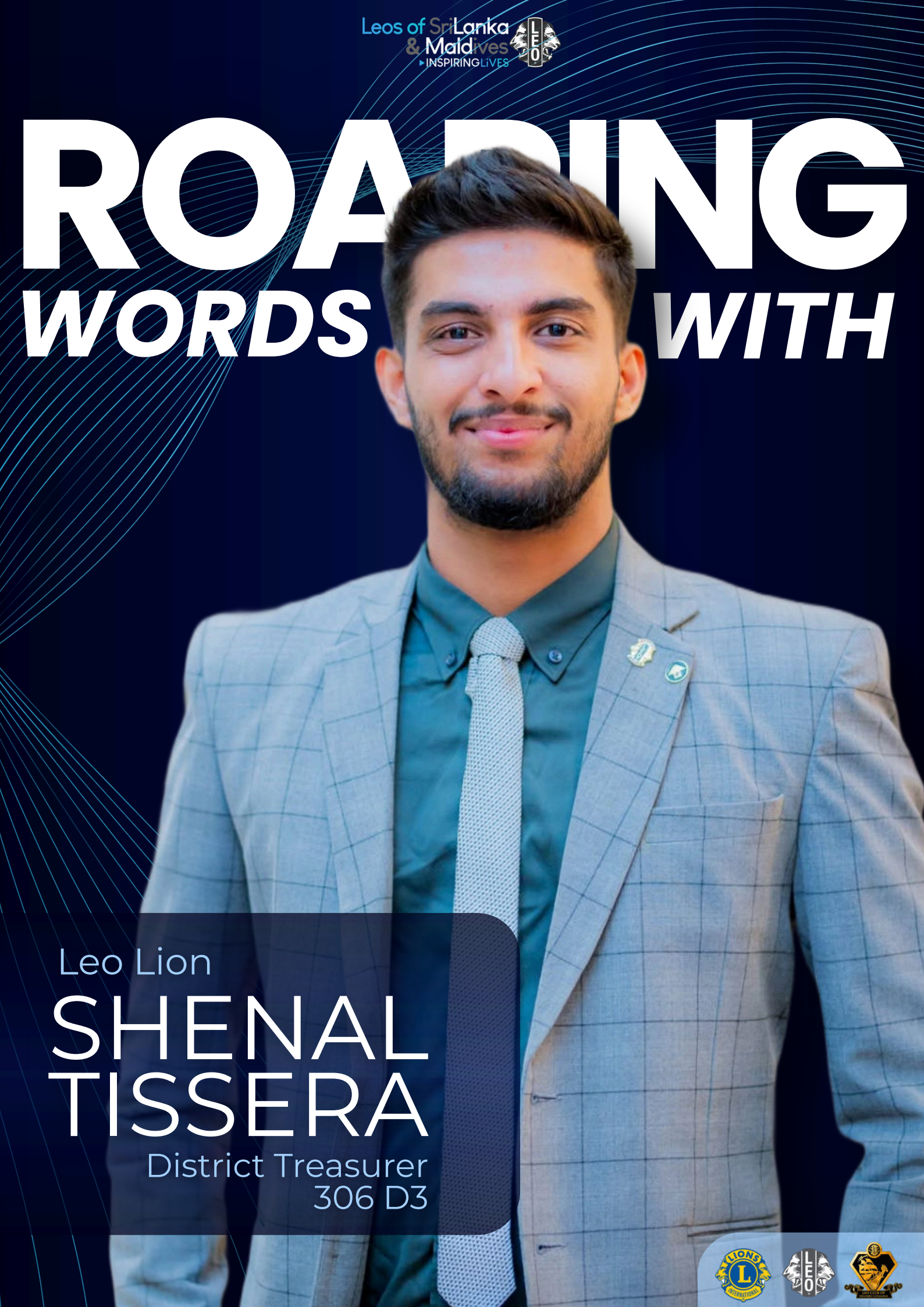
ROARING WORDS WITH



Leo Lion

SHENAL TISSERA

District Treasurer
306 D3

Reflecting on your journey so far, what challenging experience has had the greatest impact on shaping you both as an individual and as a leader?

Balancing Leo, work, and studies all together has been one of the most challenging experiences for me. Taking on different leadership roles within the Leo movement while pursuing my degree and working a full-time job was definitely not an easy task. There were many times when I had to manage multiple responsibilities at the same time and make sacrifices with my time. But I was blessed with a strong support network and a workplace that understands my lifestyle and commitments well.



With that immense support, I was able to push through. I earned my bachelor's degree, completed my leadership roles with pride, and somehow still have a job, I guess. More than anything, this experience taught me that leadership is also about managing yourself, your time, and your responsibilities while continuing to show up for the people who depend on you.

What has been the most significant challenge you have faced in your personal life, and how did you find the resilience and determination to overcome it?



My most significant challenge has been managing everything I have on my plate within a very limited amount of time. I'm someone who has many things going on in my life. I'm involved in my studies, the Leo movement, and the Lion movement, while also doing a full-time job and managing my own business.

Sometimes it feels like I'm constantly moving from one responsibility to another. Honestly, I don't think I have completely overcome this challenge yet. I'm still learning how to manage everything better, prioritise what matters, and give each responsibility the attention it deserves. But I think that is also part of the journey.

I've learned to keep moving forward even when things become overwhelming, and to remind myself why I chose to take on these responsibilities in the first place.

Your journey has taken you from serving at club level to taking on responsibilities at both the district level and Multiple Level. How has this progression changed your perspective on leadership and service?

Saying that it changed my perspective on leadership would actually be wrong, because my perspective has always been the same. I have always believed that a leader needs to know the way to lead.

What has changed is the way I understand and apply that belief as I have taken on different roles and faced different situations. Sometimes, you don't need to know the way, but you need to have the courage and determination to lead through the unknown. You need to know how to read the map even when you don't know the destination.



My experiences at club, district, and Multiple levels have taught me that leadership is not about having all the answers. It is about having the courage to make decisions, taking responsibility for them, and giving your people the confidence to move forward with you. A leader should lead, not follow.

Throughout your journey in the Leo movement, what is one belief about leadership that you have always held onto, regardless of the position you have served in?

I have always believed that leadership is not defined by the position you hold, but by the way you choose to lead. A title can give you responsibility, but it doesn't automatically make you a leader. For me, leadership is about taking responsibility, making decisions when they need to be made, and having the courage to move forward even when the path is uncertain. The different positions I have held have given me different experiences, but that core belief has always remained the same.



As District Treasurer, you are entrusted with responsibilities that require accountability and careful decision-making. What has this role taught you about trust, responsibility, and leadership?



Being a District Treasurer has taught me that trust is something you earn through consistency, transparency, and responsibility. When you are handling finances, even a small decision can have an impact on projects, clubs, and the people who benefit from our service. It has taught me to be more careful with my decisions and to understand that accountability comes with every responsibility you accept. At the same time, I have learned that you cannot do everything alone. You need to trust the people working with you, communicate clearly, and make sure everyone understands their responsibilities.

For me, being a Treasurer is not just about numbers and accounts. It is about being responsible for the trust that has been placed in you and making sure that every decision contributes towards the purpose of the movement.

Can you recall a decision or responsibility during your leadership journey that significantly challenged you? How did you approach it, and what did you learn from the experience?

Serving as the Club President of the Leo Club of Negombo Catamaran, every decision I made was challenged in one way or another. It was almost always a 50/50 situation, especially when it came to fundraisers and decisions that involved taking risks for the club.



As a President, you sometimes have to make a decision without knowing exactly how things are going to turn out. I tried to approach those situations by listening to my team, considering the possible outcomes, and then having the courage to stand by the decision once it was made.

I can say that I didn't fail, because at the end of the day, the Leo Club of Negombo Catamaran was awarded the Best Club in Leo District 306 B1 during my tenure at the District Conference.

What I learned from that experience was the importance of always having a backup plan, but more importantly, trusting the people around you. I learned that my people would stand with me even when the decision was difficult, and that gave me the confidence to lead through challenging situations.

In your experience, what qualities distinguish a good leader from a truly impactful leader within the Leo movement?

I believe a good leader knows how to manage people and responsibilities, but a truly impactful leader knows how to inspire people. Leadership is not only about getting things done. It is about making people believe in what they are doing and making them feel that their contribution matters. An impactful leader should have the courage to make difficult decisions, the humility to listen, and the ability to bring people together even when they have different opinions. Most importantly, I believe a leader should leave something behind. It could be a stronger team, a better system, a meaningful project, or simply people who became better versions of themselves because they worked with you. For me, that is what makes leadership impactful. The position eventually ends, but the difference you make in people can continue long after you leave it.



As someone who has progressed through different levels of Leo leadership, what advice would you give to young Leos who aspire to take on greater responsibilities and make a meaningful contribution to the movement?

"Just do it. Leo is not only about charity. It builds friendships, creates a support system, and gives you so many life lessons that you simply cannot learn from a textbook. You get opportunities to lead, fail, try again, meet different people, and discover things about yourself that you may never have known otherwise.

So, if an opportunity comes your way, take it. Don't wait until you feel completely ready, because sometimes you become ready by actually doing it. Take every opportunity to serve, to lead, and to learn. And most importantly, enjoy the journey.

The memories you create with your fellow Leos, the late nights, the projects, the challenges, and even the crazy moments will become the things you look back on and smile about. One day, those memories are going to be something you cherish and cheer for forever."

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LEO IN THE SPOTLIGHT

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LEO SINALI GUNASEKARA

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



I'm Sinali Gunasekara, a young fashion design student who enjoys being creative, exploring new ideas, and learning through different experiences. Beyond the Leo vest, I'm someone who values creativity, friendship, personal growth, and making a positive difference in the lives of others.

I enjoy taking on new challenges and stepping outside my comfort zone. My experiences in Leo have also helped me discover different sides of myself and become more confident in who I am.



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

I joined the Leo Club because I wanted to be part of something meaningful, meet new people, gain new experiences, and most importantly, serve the community. I was inspired by the idea that young people can come together and create a positive impact, even through small acts of service.

What has kept me motivated is the feeling of being part of a team that genuinely wants to help others. Every project, activity, and experience has taught me something new. The friendships I've built, the opportunities I've received, and the happiness we can bring to others are what continue to make my Leo journey meaningful.



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

One of the most meaningful experiences in my Leo journey was BLOOM -Breast Cancer Awareness Program organized by the Leo Club of Negombo Catamaran in collaboration with OnLadies Gym. The programme gave us the opportunity to learn more about breast cancer, the importance of awareness, and taking care of our health.

What made it especially meaningful to me as a young girl, was realizing that the knowledge we gained could be shared with the people around us. We were not just receiving information ,we also had the ability to create awareness among our families, friends, and community. It made me understand that knowledge can also be a form of service.

The Zumba session that followed also made the experience more positive, as it encouraged physical activity and relaxation. Overall, the project taught me that serving the community can happen in different ways sometimes by helping directly, and sometimes by educating, creating awareness, and encouraging people to take better care of themselves.

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



One of the biggest lessons I've gained through Leoism is confidence and teamwork. Leo has taught me how to communicate with different people, work together as a team, take responsibility, and step forward when something needs to be done.

It has also taught me that leadership is not about simply having a position or a title. It is about being responsible, supporting others, listening to your team, and leading by example. Leoism has helped me become more confident, independent, and willing to take on challenges.

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



"I would say, don't be afraid to get involved and put yourself out there. You may join Leo thinking that you are simply going to help others, but along the way, you will also learn so much about yourself.

Every project gives you a different experience. Some may challenge you, some may introduce you to new people, and some may teach you things you never expected to learn. So, take those opportunities and be present in them.

And most importantly, never underestimate a small act of kindness. You may feel that what you are doing is small ,but still for someone else, it could mean a lot. Enjoy the friendships, the experiences, and the journey, because the memories and the person you become through Leoism are just as valuable as the service you give."

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BRIDGING OF ROARS

A JOURNEY OF A LEO LION

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JOURNEY OF LEO LION

ADITHYA WEERASINGHE PFLM

Every Leo journey holds a story of growth, leadership, and service. As we honour those who have taken the next step into Lionism, we had the privilege of connecting with our Past Club President, **Leo Lion Adithya Weerasinghe PFLM**. Through this interview, we explored his experiences working alongside Lions, the differences between Leoism and Lionism, and the lessons gathered along the way.

And then, he shared his story… a journey shaped by service, leadership, and the pride of being a Leo who stepped into Lionism.



My journey in Leo began in 2021. What initially inspired me to serve was quite simple. I genuinely enjoyed making people happy. Whenever we helped someone who was going through a difficult situation or provided something they genuinely needed, seeing the happiness on their face gave me a feeling that was difficult to explain.

That feeling made me want to keep serving. Over time, it became more than just helping individuals. I wanted to create a meaningful impact on society and leave something positive behind through the work I do.

Working alongside Lions has been one of the most valuable parts of my Leo journey. Lions bring years of experience, knowledge and a completely different perspective on service and leadership.

There were many situations where I could learn simply by observing how they handled people, challenges and responsibilities. I consider the Lions I worked with as an important part of my development because they gave me opportunities to learn beyond what I could have learned on my own.



One of the biggest lessons I learned is that fellowship holds people together as a team. You can have talented individuals, but without friendship, trust and a sense of belonging, it is difficult to build a strong team.

Leo also taught me that leadership isn't about simply giving instructions. It's about understanding people, bringing them together and making them feel that they are part of something meaningful.



My transition from Leoism into Lionism happened during a very important chapter of my Leo journey. I had already taken on the responsibility of becoming President, and a few months into my presidency, I became a Leo Lion.

For me, becoming a Lion wasn't about leaving Leoism behind. It was about taking the values, relationships and experiences I had gained through Leoism and finding a way to continue serving on a larger level.

I felt that I still had much more to contribute. I wanted to take on greater responsibilities, continue developing myself as a leader and keep creating an impact through service. So, becoming a Lion felt less like an ending and more like the beginning of another chapter.



Life as a Lion has given me a different perspective on service and responsibility. As a Leo, I learned how to serve, work with people and lead teams. As a Lion, I began to understand even more deeply the responsibility that comes with guiding others and contributing to something bigger than yourself.

It also made me want to take on more responsibilities. I don't see leadership as a position or a title. I see it as an opportunity to take responsibility, support others and create opportunities for the people around me to grow.

The biggest difference is probably the perspective. I now look beyond completing a project or achieving a goal. I think more about the long-term impact we can create and the people we can inspire along the way



When I look back at my journey, I can honestly say that because of Leoism, I am the man I am today. Leo gave me opportunities that changed the way I think, the way I lead, the way I communicate with people and, most importantly, the way I see service.

The person who joined Leo in 2021 could never have imagined where this journey would take him. From being a member, to taking on leadership, becoming President, becoming a Leo Lion and experiencing some incredible achievements with my club, every chapter has shaped me in a different way

But if there is one thing I would want the next generation of Leos to understand, it is this: don't join Leo simply to hold a position, win an award or add something to your résumé. Join because you genuinely want to make a difference.

There will be difficult days. There will be moments when you feel that your efforts aren't being recognized. There will be projects that don't go according to plan and people who challenge you. But keep going. Because somewhere along the way, you'll realize that the greatest reward isn't the recognition you receive — it's the person you become through the journey.



To every young Leo who dreams of becoming a leader, **don't be afraid to take the first step. Serve with your heart, lead with purpose, value the people who walk beside you and never forget why you started.**

Because one day, when you look back, you may realize that you didn't just change the lives of the people you served — Leoism changed your life too. And that, for me, is the greatest roar of all

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RIDING THE WAVES

A RECAP OF CATAMARAN SERVICE

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CATAMARAN SPORT FIESTA
Badminton tournament








The rackets were ready, the court was set, and the competitive spirit was at its peak as the Leo Badminton Tournament took place at **Jet Blast, Kochchikade.** Bringing together Leos and badminton enthusiasts, the tournament was a vibrant mix of skill, teamwork, determination, and friendly competition. With matches conducted under a knockout format, every serve, smash, and point mattered as participants battled their way through each round. Beyond the competition, the tournament provided an opportunity for members to connect, build friendships, and showcase their sporting talents while embracing the true spirit of Leoism. From powerful rallies to hard-fought victories, the day was filled with energy, excitement, and unforgettable moments on the court. It was more than just a tournament — **it was a celebration of sportsmanship, camaraderie, and the pride of being a Leo.**

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A.I.M

AWARENESS | INDEPENDENCE | MASTERY








With awareness as the first step towards a safer tomorrow, Project A.I.M was conducted at **St. Michell's College, Negombo**, focusing on two vital areas — cybercrime and road safety. **Leo Nisal Dulmith FLM, Multiple District President of Leo District 306,** shared valuable insights on cybercrime, online safety, and responsible digital behaviour, while **Sergeant Wickramasinghe of the Negombo Traffic Unit** guided students on road safety, traffic regulations, and responsible behaviour on the road. The programme gave students practical knowledge to navigate both the digital and physical world with greater awareness and responsibility. With knowledge as our compass, **Project A.I.M aims to inspire a safer, smarter, and more empowered generation.**

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ROARS FROM THE VISIONARY PRIDE



Lion Dr. Jeewantha Perera
PMJF PMAF LCIP JP

LEAD, LEARN, LOVE TO LEAVE A LEGACY
LION DR. JEEWANTHA PERERA PMJF PMAF
DISTRICT GOVERNOR
306 D3, Sri Lanka
2026/2027

Leos of SriLanka & Maldives
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Dear Leos of the Leo Club of Negombo Catamaran,

It is with immense pride and great pleasure that I extend my warmest greetings and best wishes to the President and the members of the Leo Club of Negombo Catamaran.

As the District Governor of Lions International District 306 D3, I am delighted to recognize the remarkable journey of this outstanding Leo Club. You have proudly established yourselves as a Champion Leo Club not only within our District but also at the Multiple District level, consistently demonstrating your talents, leadership, creativity, teamwork, and unwavering commitment to the cause of service.

Your achievements are a reflection of the exceptional spirit that exists within your Club. More importantly, your journey demonstrates that when young people are given the opportunity to lead, serve, innovate, and make a difference, they can create an extraordinary impact in society.

Over the years, the Leo Club of Negombo Catamaran has produced wonderful Leo Leaders who have inspired others through their dedication, responsibility, and service. Your Club has become a valuable platform for developing young leaders and preparing them to take on greater responsibilities in the future.

My message to you is simple: "Lead with Purpose. Serve with Passion. Grow with Lionism."

Your Leo journey should not end when your Leo years come to an end. I sincerely hope to see many of you continue your journey of service as Leo Lions, bringing the same energy, creativity, leadership, and commitment into Lions Clubs International.

Our District needs young leaders with fresh ideas, digital skills, courage, compassion, and a genuine desire to serve. You are already demonstrating these qualities. The next chapter is to carry that spirit forward into Lions leadership.

As I lead District 306 D3 during 2026/2027 under my theme, "Lead, Learn, Love, to Leave a Legacy," I invite you to continue leading, continue learning, continue loving the communities you serve, and ultimately leave a legacy that will inspire generations to come.

Dear Leos, your past achievements make us proud, your present commitment inspires us, and your future potential gives us great hope. Keep dreaming. Keep leading. Keep serving. Keep shining.

May the Leo Club of Negombo Catamaran continue to reach greater heights and remain a shining example of youth leadership, fellowship, and service.

With my heartfelt appreciation and very best wishes for your continued success.
Yours in Lionism,

Lion Dr. Jeewantha Perera PMJF PMAF LCIP JP
District Governor 2026/2027
Lions International District 306 D3 – Sri Lanka



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THE SAILORS LIGHTHOUSE

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Suicide Prevention: Begins With Connection

The Conversations We Avoid....

While some conversations are difficult to have, there are some we willingly talk of such as success, relationships, education, careers and the future. Conversations about emotional pain are often pushed into silence, possibly since the subject concerns an invisible issue rather than tangible.

Yet silence does not make suffering disappear. Suicide Prevention Month reminds us that behind statistics are real people, those who may be struggling quietly while appearing completely fine externally.

Suicide prevention is therefore not simply about responding to a crisis but also about creating a society where people feel safe enough to say, "I am not okay," before they commit an irreversible act.



Understanding the Silence.

Suicidal thoughts are'nt obviously revealed through a person's demeanor. They may attend classes, go to work, laugh with friends, post on social media and continue with their everyday responsibilities.

This is why assumptions such as "They have everything to be happy about" can be dangerous. Emotional pain cannot always be seen from the outside. Nor can mental wellbeing be tied to material possessions.

Fear of judgment can make people even less willing to speak. Some worry that others will consider them weak, dramatic or attention-seeking. Others may fear becoming a burden to their families or friends.



Breaking this stigma begins with something simple: taking people's feelings seriously and noticing the miniscule changes. If you are concerned about someone, asking directly about their wellbeing can open the door to an important conversation. Asking whether they are thinking about suicide does not "put the idea into their head." It can instead communicate that they are safe to speak honestly.

The Importance of Listening.

One of the most powerful things we can offer someone is our attention.

Sometimes we rush to provide solutions. We say, "Everything will be okay," "You have so much to live for," or "Just think positively." Although these statements may come from a place of love, they can unintentionally make someone feel that their pain has not been understood.

Listening does not mean having all the answers. It means allowing another person to speak without feeling judged, corrected, or minimizing what they experience.

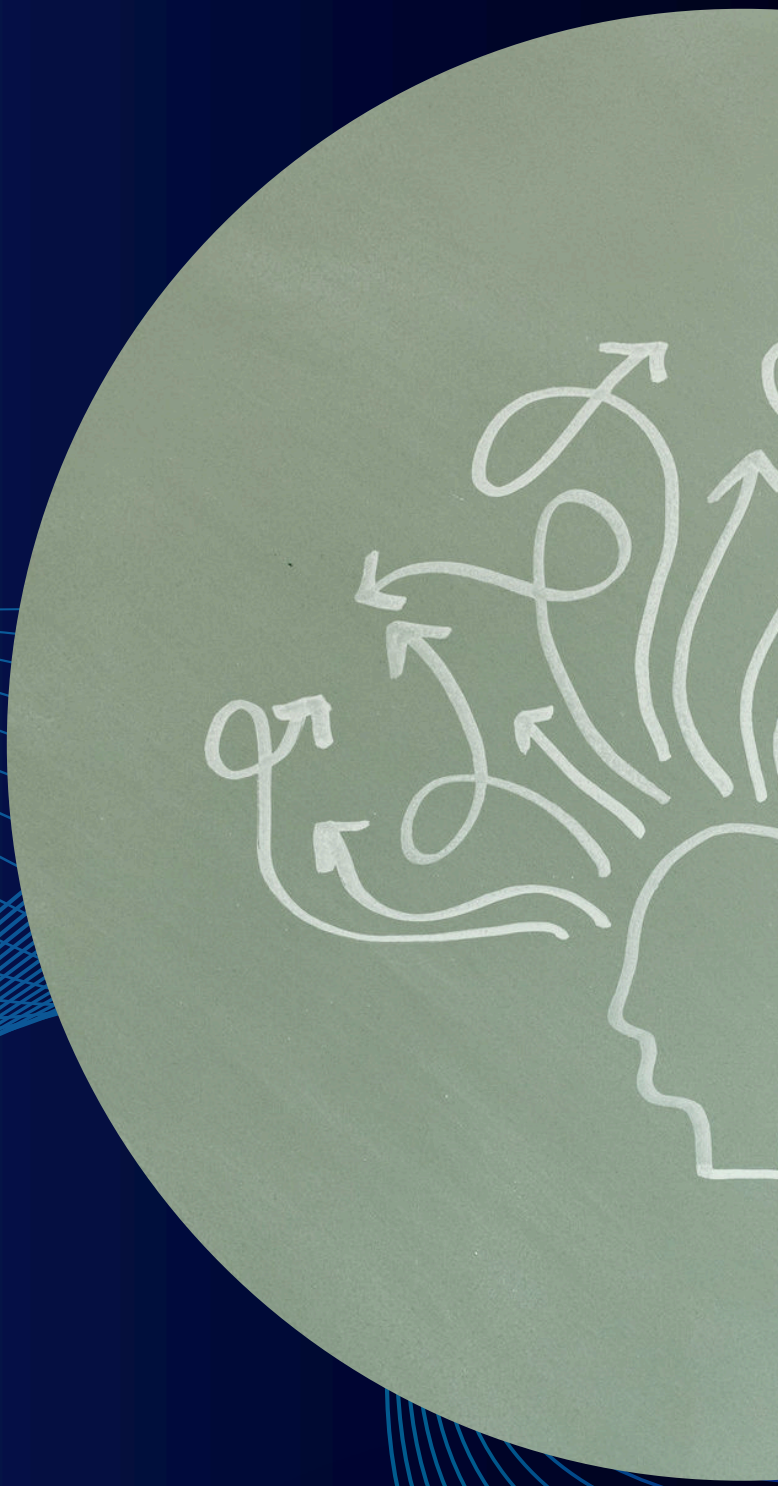
A simple "I'm here with you" can be more meaningful than offering a solution.

What We Can Do?

Suicide prevention is not the responsibility of one person or one profession. Families, friends, teachers, universities, workplaces, communities and healthcare professionals all have a role.

We can check in on people who seem withdrawn. We can challenge jokes and language that stigmatise mental health. We can encourage people to seek professional support when they need it. We can learn how to respond to a person in crisis rather than assuming we will know what to do when the moment arrives.

Most importantly, we can build communities where asking for help is viewed as an act of courage rather than failure.



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For Someone Who Is Struggling....



If you are struggling, you do not have to solve your entire life today.

You do not have to have the perfect explanation for why you feel the way you do. You do not have to prove that your pain is “bad enough” to deserve help.

Tell someone you trust. Stay connected to people who can support you. Reach out to a mental-health professional or crisis service, particularly if you feel you may act on suicidal thoughts. If you are in immediate danger, contact your local emergency services or go to the nearest emergency department.

Asking for help is not an admission of defeat. It is a way of giving yourself another opportunity to see what comes next. Life is a verb and we must keep on living!

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CREATIVE COLLECTIVE

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LONELY TRAIN

The train cries softly through the empty night,
A sound of sorrow, fading from sight.
Faces appear, their words are few,
They vanish like mist, as strangers do.

You reach for them, but they're never near,
Their voices drift, then disappear.
The wheels keep turning, cold and slow,
Carrying a weight only silence knows.

Outside, the world is dark and wide,
Shadows fall, but none abide.
You call for someone, but no one stays,
Just passing moments, endless days.

The train moves on, through endless pain,
A home for hearts that cry in vain.
Each mile a whisper, a quiet goodbye,
A journey beneath a lonely sky.

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EDITORS NOTE

LEO ANGELO ABEYKOON

As we turn another page in the journey of the Leo Club of Negombo Catamaran, Sailing Catamaran continues to be more than just a newsletter—it is a reflection of our service, our stories, our friendships, and the moments that make our Leoistic journey worth remembering. From projects that create an impact to the little moments shared between fellow Leos, every story carries a piece of who we are.

This issue brings together the voices, achievements, creativity, and spirit of our Pride as we continue to Serve, Lead, Create, and Inspire. As young individuals navigating our own paths, we may be sailing towards different horizons, but our purpose remains anchored in the values of Leoism.

So, as you turn these pages, I invite you to look beyond the photographs and words—to remember the people, the laughter, the challenges, and the countless moments that made each journey possible.

The voyage continues. The pages turn. And the best stories are still ahead.
With pride and purpose



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Hands on Deck

CHEIF EDITOR

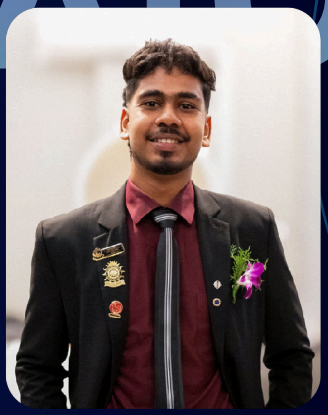


LEO ANGELO
ABEYKOON

CORDINATORS



LEO TREESHA
SHAVINDYA



LEO RAJINDA
JAYASINGHE

EDITOR



LEO SATHNARA
PERERA

DESIGNER



LEO DEON
BERENGER

Every journey creates lasting memories and paves the way for new beginnings. As we conclude this edition of **Sailing Catamaran**, we reflect with gratitude on the stories, friendships, and experiences that have defined our voyage. In recognition of September as Suicide Prevention Awareness Month, let us commit to supporting mental health, fostering understanding, and offering hope to those who may be struggling. May we move forward with renewed hope, courage, and purpose while setting sail toward new horizons. Thank you for being an integral part of this journey and for making each page memorable.

Until we meet again,

The Editors of Sailing Catamaran

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Catamaran Leos

@catamaranleos

@Catamaranleos

@catamaranleos306d3

@catamaranleosnegombo403

Leo Club of Negombo Catamaran