

WITNESS

FEBRUARY & MARCH 2025





ABOUT US

The **Leo Club of Kolonnawa** is a vibrant and dynamic community of **young leaders**, united by a shared commitment to **service, leadership, and personal growth**. As proud members of the **global Leo movement**, we stand firm in embracing the values of **Leadership, Experience, and Opportunity**, **channeling our boundless energy** into initiatives that **inspire change, uplift communities, and create a lasting positive impact**.

From tackling **social challenges** to protecting **our planet**, every project we undertake is a testament to our dedication to **building a brighter, more inclusive future**. Whether it's **empowering the next generation**, lending a **helping hand** to those in need, or raising awareness about **environmental sustainability**, we are driven by a mission to **make a difference**. **Each step forward is powered by teamwork, innovation, and an unwavering sense of purpose**.

But we are more than a service club – we are a **family of changemakers, bound by the belief** that we grow stronger when **we lift each other up**. With the guidance and mentorship of the **Lions Club of kolonnawa**, we continually seek opportunities to **lead with integrity, learn through experience, and innovate with courage**. We celebrate every achievement as a milestone in our shared journey of growth.

At Kolonnawa Leos, we **serve with compassion, grow with experience**, and create **ripples of change** that extend far beyond our local community. Together, we **dream big, act boldly, and inspire others** to join in our mission to **shape a world where kindness and service prevail**. Let's make every step count—because **change begins with us**.

This revised version is approximately 1,558 characters. Let me know if you'd like further tweaks!

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PRESIDENT'S NOTE

Dear Leos, Lions, and Fellow Readers,

As we approach the final stretch of this Leoistic year, I find myself filled with pride and gratitude. These past months have been nothing short of inspiring. We've grown not just in numbers but in strength, unity, and heart. Every meeting, every project, every small step we took together has shaped what has been a truly remarkable journey.

It's hard to believe how far we've come. From leadership initiatives to impactful service projects, the Leo Club of Kolonnawa has continued to shine — and that's all because of you. To every Leo who stepped up, stayed committed, and gave their best: thank you. Your energy and spirit have kept this club alive and thriving.

I am especially grateful for the support I've received throughout my presidency. Leading this club has been an honour, and I couldn't have done it without the collective strength of my board, committee members, and our ever-supportive Lions.

Looking ahead, I'm excited for the projects we've planned in these last few months. Let's continue this momentum and end the year with the same passion we began with. Thank you once again for believing in this movement.

Yours in Service,

Leo Nandeesh Geeganage
Leo Club of Kolonnawa



VICE PRESIDENT'S NOTE

Dear Fellow Leos, Lions, and Readers,

As we near the end of this Leoistic year, I can't help but reflect on how fulfilling the journey has been. From impactful projects to inspiring conversations, it has been a year of learning, growth, and strong teamwork.

I want to take this opportunity to appreciate the incredible work done by our executive committee. A heartfelt thank you to our President, Leo Nandeesha Geeganage, for leading the way with vision and strength. To our Secretary, Leo Subhani Embuldeniya, for ensuring smooth coordination and timely reporting. And to our Editor-in-Chief, Leo Sanidi Rovinya, for bringing our stories to life through Witness — your creativity and commitment have made each edition truly special.

What has stood out to me most is the potential I've seen in our members. Both familiar faces and newer ones have shown leadership qualities that give me great hope for the future of our club. You are the next chapter of Leoism in Kolonnawa.

We still have exciting plans in store for the months ahead, and I look forward to seeing how we can close the year with even greater impact.

Yours in Service,

Leo Dylen Wolff
Leo Club of Kolonnawa

LEO MID-YEAR CONFERENCE & NOBLE EVENING:

A CELEBRATION OF LEADERSHIP AND SERVICE



The **20th Leo Mid-Year Conference & Noble Evening** gathered Leo leaders, members, and past officials to reflect on progress and honour dedication. More than a recognition event, it was a moment to appreciate the hard work behind every project and the teamwork that drives the movement forward.

The conference provided a chance to look back, share experiences, and prepare for the future. Reports and statistics were discussed, but the real highlight was the stories of impact—projects that made a difference and members who went the extra mile.

For the **Leo Club of Kolonnawa**, being part of these conversations mattered as much as the recognition. Learning from others and refining strategies will shape the club's future efforts.

HONORING EXCELLENCE: THE TOP 10 CLUBS

This year, ten clubs stood out in Leo District 306 C1 for outstanding service and leadership:

- Leo Club of Colombo Centennial
- Leo Club of Colombo Wekanda
- Leo Club of Horizon Campus
- Leo Club of KIU
- Leo Club of Kolonnawa
- Leo Club of Nalanda College
- Leo Club of SLIT
- Leo Club of University of Colombo
- Leo Club of University of Peradeniya
- Leo Club of Wickramasinghepura



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A SHIFT IN LEO DISTRICTS

This conference marked the last under the **six-district system**, as **Multiple District 306 transitions to twelve districts**. The change aims to:

- Bring leadership closer to clubs
- Open more leadership roles for young Leos
- Strengthen local service efforts

Despite the shift, the commitment to service remains unchanged.



NOBLE EVENING: HONORING THE PAST, INSPIRING THE FUTURE

Following the conference, the **Noble Evening** celebrated past leaders and their contributions. The event honored **Past District Presidents** and recognized players from the **Battle of C's**, highlighting teamwork and perseverance.

Speeches from the **District President and Chief Guest** reinforced a key message—leadership is about impact, not titles.

MOVING FORWARD WITH PURPOSE

For **Leo Club of Kolonnawa**, this recognition serves as motivation. The event was not just about awards but about the **responsibility to keep serving**. Every member left with a renewed sense of purpose, ready to take on the next chapter.

As the Leo movement evolves, **the passion for service and leadership will continue to drive change**.

STARTUP STUDIO



HOW TO START A BUSINESS: LESSONS FROM STARTUP STUDIO'S FIRST ENTREPRENEURSHIP WORKSHOP

Ever had a great business idea but didn't know where to start? Or maybe you've already started something, but you're struggling to grow? Well, you're not alone. Entrepreneurship is **exciting but tough**, and every successful business owner has faced their fair share of struggles before making it big.

That's exactly why Startup Studio's **Entrepreneurship Workshop 01** was held—to **help aspiring entrepreneurs find their footing** with practical insights from **real business owners who have been there, done that**.

Organized by **Leo District 306 C1**, the workshop took place on **February 26th, 2025**, at **Garden Fusion Cafe, Nawala**, bringing together **aspiring entrepreneurs, business enthusiasts, and two incredible guest speakers who shared their real-life business journeys**—the highs, the lows, and everything in between.

Let's dive into what went down!



SO, HOW DO YOU START A BUSINESS?

We all have **great ideas**. But turning an idea into a **profitable business**? That's where most people get stuck.

Both of our guest speakers—**Basith Yakoob**, Co-founder of **Yarn Clothing and Pepper-SL**, and **PMDP PDP Lion Manjula Wijesundara**, Founder of **Garden Fusion Cafe**—shared their stories of how they built their businesses and the lessons they learned along the way.



BUILDING A BRAND AT 19: THE STORY OF BASITH YAKOOB

At just **19 years old**, Basith Yakoob decided to **turn his passion into a business**. Fast forward to today, and he's the **co-founder of Yarn Clothing and Pepper-SL**, two brands that have made a name for themselves in the market. Here's what he emphasized:

- **Start small, but start smart** – You don't need to launch with 100 products. **Pick 3 strong products or services and focus on making them great.**
- **Branding and positioning matter** – A good product isn't enough. You need to market it well and position **your business in a way that stands out.**
- **Reliability builds trust** – Customers come back to brands they trust. **Always deliver on your promises.**
- **Affordability vs. Quality** – Price matters, but **never compromise on quality.** Find the balance that keeps customers happy while making a profit.

STARTING (AND SAVING) A BUSINESS: MANJULA WIJESUNDARA'S JOURNEY

Now, imagine **starting a business in the middle of the COVID-19 pandemic**—one of the worst times for entrepreneurs. That's exactly what **PMDP PDP Lion Manjula Wijesundara** did when he opened **Garden Fusion Cafe**. But things didn't go as planned.

When he had to **hand over management to another party**, the business **took a nosedive**. The people he trusted to run it **didn't do their job**, and the business **started failing fast**.

After **six months of struggle**, he decided to **take back control**, **fix the mess**, and turn his business around. **Today, Garden Fusion Cafe is thriving!** His biggest lesson?

- **Your business is YOUR responsibility** – No one will care for it the way you do. If you delegate, **choose the right people** and stay involved.
- **Challenges are part of the journey** – Business isn't always smooth. **What matters is how you bounce back.**
- **Mistakes happen, but don't let them define you** – **Learn, adjust, and move forward.** That's what being an entrepreneur is all about.



WANT TO BUILD A BUSINESS?
KEEP THESE 7 THINGS IN MIND

- **Digital Marketing** – If you're not online, you're invisible. Use **social media, SEO, and ads** to get noticed.
- **Business Positioning** – **What makes your business different?** Find your niche and own it.
- **Branding** – People don't just buy products; they buy into brands. **Make yours memorable.**
- **Reliability** – Consistency is key. **Deliver quality every single time.**
- **Affordability** – Price matters, but cheap doesn't always win. **Customers pay for value.**
- **Packaging** – First impressions count. **Invest in good packaging.**
- **Focus on Core Products** – Don't try to do everything. **Master a few things before expanding.**

ACTION BRIGADE 6.0

EMBARKING ON AN UNFORGETTABLE JOURNEY

On **11th January 2025**, two buses arrived at **Diyatha Uyana, Battaramulla, Colombo**, at around **3:30 AM** to kick off an exciting adventure. This was the beginning of the **Leo Youth Camp 2025**, organized by the **Leo District 306 C1**. The buses departed promptly at **3:45 AM**, with a plan to pick up Leos along the way to **Trincomalee**.

We boarded at **IDH Junction, Kolonnawa**, at **4:15 AM** and continued through **Kelaniya** before heading north. A stop at **Kurunegala** around **10 AM** allowed us to enjoy breakfast and tea. By **1 PM**, we reached the **Trincomalee Maritime Academy**, greeted by a surprising chill in the air—a stark contrast to Trincomalee’s typically hot and dry climate.

SETTLING IN AND THE FIRST DAY

Upon arrival, we registered and then re-boarded the buses to head to the **mess hall for lunch**. Following this, we unloaded our bags, settled into our rooms, freshened up, and gathered for the first activity session.

The opening session served as an orientation, where they introduced us to the **importance of the Maritime Academy**, the **concept of teamwork**, and the exciting agenda ahead.

We were divided into **nine teams of 10 members each**, ensuring interaction among Leos from different clubs. The first activity was the **straw tower challenge**, where teams competed to build the **tallest and strongest tower using 25 straws**. This engaging task fostered creativity and collaboration, wrapping up by **6 PM**.

That evening, as per camp policy, we handed in our phones by **9 PM**. Before that, we had dinner and enjoyed singing and dancing with our fellow Leos. The day ended with lights out at **10:30 PM**, ensuring everyone got adequate rest for the activities ahead.



DAY TWO: TEAMWORK AND DISCOVERY

The second day began with a **PT session at 6:30 AM**, featuring a refreshing yoga session and stretching exercises. A filling breakfast at **7 AM** fueled us for the day's main challenge—a **treasure hunt**.

This treasure hunt required teams to complete **eight activities**, each testing skills like **coordination, teamwork, and problem-solving**.

Each completed task earned a piece of the map, leading us to a treasure. The activity concluded when we **planted our flags** at designated locations. This immersive challenge lasted until **6 PM**, with a lunch break in between.

Post-activity, we indulged in a much-anticipated **sea bath** in a safe, boundary-marked area. Afterward, phones were returned for a few hours before being collected again at **10:30 PM** following the camp-fire.

The evening camp-fire was a highlight, bringing everyone together through **games, drama, and singing**. We also took team and group photos, cementing memories of the day.

FINAL DAY: REFLECTION AND FAREWELL

The final morning followed a similar routine, with a 6 AM PT session that included a beach run and stretches. Phones were returned after breakfast to allow charging for the journey back.

The morning's activities demanded intense coordination and teamwork, strengthening the bonds within our teams. Following a 1 PM lunch, we dressed up for the closing event at 2 PM.

The closing ceremony featured a fun video montage of our camp experience and awards for standout participants. Team Agni won the Best Team Award, while Leo Dulanja Gunasekara and Leo Kaveesha Dahanayake were named Best Male Camper and Best Female Camper, respectively.

Afterward, we gathered for a customary group photo session, capturing memories with our clubs and friends. Although our phones were limited during the camp, we were offered an hour to use them during the second day's activities, which all Leos politely declined—a decision that deeply impressed the organizers.



BEST CAMPER 2025

FEMALE
LEO KAVEESHA
DAHANAYAKE



MALE
LEO DULANJA
GUNASEKARA



BEST TEAM AT THE ACTION BRIGADE!



JOURNEY HOME

We departed at **5 PM**, stopping in **Kurunegala** for dinner around **9 PM**. Along the route, Leos were dropped off at various locations, and by **12 AM**, we were back at **IDH Junction**. The buses returned to **Diyatha Uyana** by **1 AM**, marking the end of an extraordinary journey.

A CAMP TO REMEMBER

Leo Youth Camp 2025: Action Brigade 6.0 was more than an event; it was an experience filled with **learning, bonding, and fun**. The organizers and **Navy personnel** ensured a seamless and memorable experience, leaving participants with cherished memories and strengthened friendships.



OFFICIAL VISIT OF LIONS CLUB PRESIDENT

PCP LION BARANA RANASEN

The Leo Club of Kolonnawa held its **Monthly General Meeting (MGM)** on **January 25, 2025**, with a special visit from **Past Club President (PCP) Lion Barana Ranasen**, who led the **Leo Club of Kolonnawa** in **2015/2016**.

The meeting took place at **Leo Kavindi Kodithuwakku's residence in Rajagiriya**, providing a setting for discussions on **leadership, psychology, and the impact of Leoism**.

Lion Barana, a **former Leo and past president**, shared his experiences in leading the club and how **strategic planning and member engagement** shaped its growth. He emphasized that leadership is about creating **systems that continue beyond a single term**, ensuring the club's long-term success.



A key part of his visit focused on **understanding leadership through psychology**. He discussed:

- **How cognitive biases affect decision-making.**
- **The role of perception in leadership.**
- **Emotional intelligence in managing teams.**
- **Building a leadership mindset that balances confidence and adaptability.**

The visit also **strengthened the bond between the Lions and Leos**. Lion Barana highlighted that the **skills and values gained in Leoism extend beyond club roles into professional and community leadership**. His insights encouraged Leos to **lead with purpose, self-awareness, and strategic thinking**.

This meeting reinforced the **club's mission to develop capable leaders**, ensuring that **Leoism continues to inspire and shape future generations**.





PAW PATROL

SHOFFY'S STORY



THE HARSH REALITY OF STREET ANIMALS

Street animals struggle daily for survival, facing **food shortages, lack of clean water, harsh weather, and life-threatening diseases**. Many roam the streets searching for scraps, relying on the occasional kindness of strangers. Finding clean drinking water is a challenge, and consuming contaminated water often leads to severe health issues.

Lack of shelter exposes them to extreme weather—**blazing heat, heavy rain, and cold nights**—making survival even harder. However, one of their biggest struggles is **disease and untreated medical conditions**. Without timely medical care, wounds fester, infections spread, and conditions worsen. Many suffer in silence, with no one to help them.



SHOFFY'S JOURNEY – A FIGHT FOR LIFE

Shoffy was one of those street dogs fighting against **pain and sickness**. On **October 31, 2024**, **Leo Sanidi** came across a **Facebook post** about a dog in dire need of help. She wasted no time and immediately went to check on him.

What she saw was devastating. **Shoffy had severe skin lesions on his back, which were spreading towards the front**. Some of the wounds had begun to **bleed**, making his condition even more painful. **Even worse, there was a lesion on his right eye, where skin had grown over the eye**, threatening his vision. Doctors feared that **Shoffy might lose his eye or become blind in one eye**.

Despite his painful condition, Shoffy was still **gentle and friendly**, making it easier to transport him for medical care. Sanidi, along with a **kind-hearted woman who works at a nearby supermarket**, took him to **Dr. Pet Animal Hospital in Kadawatha**. Though she wasn't his owner, this woman had been doing her best to care for Shoffy and other street dogs in her area.

After examination, the **doctors diagnosed Shoffy with skin cancer**. His situation was critical, and immediate treatment was needed.



Shoffy's journey from suffering to happiness reminds us that every street animal deserves a second chance. Through kindness and action, we can continue making a difference, one life at a time.



A COMMUNITY THAT CAME TOGETHER

Shoffy's medical bills were a concern, but **Baw Baw Animal Welfare Organization** stepped forward and generously covered his treatment costs. However, there were still **expenses for transportation and medication**.

We turned to the **public for donations**, and support started pouring in. Because of the generosity of kind-hearted individuals, we were able to **cover Shoffy's medical expenses and ensure he had food** during his recovery.

A FULL RECOVERY AGAINST THE ODDS

By **December 5, 2024**, Shoffy's treatment was complete. Against all odds, **he recovered fully—including his eye**. The lesion that had covered his right eye healed, and he **regained his vision completely**.

However, in **January 2025**, a **small lump appeared on his groin area**, raising concerns about a possible **recurrence of cancer**. Fearing the worst, we took him back to **Dr. Pet Animal Hospital**, where he was examined for two days.

Thankfully, the doctors confirmed that the lump was **benign**, and Shoffy had **fully recovered**. His battle was finally over, and he was given a second chance at life.



A HAPPY HOME FOR SHOFFY

Shoffy's journey didn't just end with recovery—it led to a **new beginning**. He now **lives in a loving home in Angoda**, where a **caring family with children** loves and cherishes him as one of their own.

He also enjoys **the freedom to walk around his area**, though he remains **protective of his territory when it comes to other dogs**. After all the struggles he endured, Shoffy has finally found the **safety, love, and happiness he always deserved**.

Shoffy's story is a testament to what can be achieved when **compassion and teamwork come together**.

- **A huge thank you to Baw Baw Animal Welfare Organization** for covering Shoffy's medical expenses and giving him a fighting chance.
- **To every single donor**—your generosity helped us pay for Shoffy's transportation, medication, and food. Without you, his recovery wouldn't have been possible.
- **To the doctors and staff at Dr. Pet Animal Hospital**—thank you for your expertise and dedication in saving Shoffy's life.
- **To the drivers who transported us**—your kindness means more than you know. Few people are willing to transport sick animals in their vehicles, yet you stepped up when it mattered the most.
- **To the kind-hearted woman who first cared for Shoffy**, and to his new **loving family in Angoda**—thank you for giving him the love and care he deserves.

HEARTFELT GRATITUDE



FITXPERIENCE

NO MORE EXCUSES-LET'S BEGIN!

On **February 16, 2025**, fitness enthusiasts and wellness seekers gathered at **Always Wellness** for an immersive health-focused event—**FitXperience**. The goal was simple yet profound: to understand the science behind physical wellness, nutrition, rest, and stress management while experiencing fitness firsthand.



01



THE FOUNDATION OF PHYSICAL WELLNESS

Health is not just about lifting weights or running on a treadmill—it is a delicate balance between **cardio, strength training, and overall well-being**.

The session explored how **cardiovascular exercise strengthens the heart, improves blood circulation, and enhances respiratory function**, while **strength training fortifies muscles, bones, and joints, ensuring long-term mobility and endurance**.

One key takeaway was that **exercise is not just about aesthetics**. While many associate workouts with fat loss, the truth is that **cardio primarily benefits heart health** rather than burning fat.

Strength training, on the other hand, **improves muscle function and provides structural support to the body**.

These insights challenged conventional fitness myths and encouraged participants to **focus on health over appearance**.

02

UNRAVELLING NUTRITION MYTHS

Fitness is incomplete without proper nutrition, yet **misconceptions about dieting and weight loss** continue to dominate mainstream discussions.

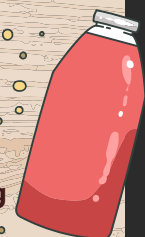
The event addressed a fundamental truth:

80% of weight loss comes from diet, while only 20% relies on exercise.

This does not mean one should neglect physical activity, but rather that **what we consume plays the biggest role in shaping our bodies**.

Another common myth debunked was the belief that **fat gain only comes from excessive calorie intake**. The reality is that **carbohydrates play a crucial role in fat storage**. Mismanaged carb consumption leads to fat accumulation, proving that **understanding macro nutrients is as important as portion control**.

Additionally, the session shed light on **cholesterol**, clarifying that it is a **hormone naturally produced in humans and animals, not something found in plants**.



03



THE OVERLOOKED IMPORTANCE OF REST AND RECOVERY

Amidst the rush to exercise and eat right, **rest is often ignored**. However, research continues to show that **lack of sleep can be just as harmful as poor nutrition**. Participants learned that **the body only truly starts recovering in the fifth hour of sleep**, meaning those who get less than six hours a night are depriving themselves of essential recovery time.

Interestingly, **poor sleep habits have been linked to serious health risks, including cancer**.

Experts at the event emphasized that **the ideal sleep window is between 6 PM and 6 AM**, as this aligns with the body's natural circadian rhythm.

More importantly, **sleep is not just about quantity but also quality**—a well-rested body functions better, recovers faster, and sustains long-term health.

04

MANAGING STRESS FOR A HEALTHIER LIFE

While diet and exercise are critical, **stress remains one of the biggest roadblocks to overall wellness**. FitXperience explored the connection between **lifestyle changes and mental well-being**, revealing that a **sedentary lifestyle can be more detrimental to women than even to men in their 40s**.

The discussion also highlighted how **social interactions and mindful activities help reduce stress, making exercise a natural remedy for mental exhaustion**. Studies suggest that dedicating

Just 2.5 hours per week to physical activity significantly reduces stress and promotes emotional resilience.

This was an eye-opener for many attendees who previously viewed workouts as purely physical endeavours.



A HANDS-ON FITNESS SESSION

After absorbing this wealth of knowledge, attendees put theory into action with a **physical fitness session**. Guided by experts, participants engaged in activities that combined **cardio and strength training**, reinforcing everything they had learned. The hands-on experience emphasized that **fitness is not just about working out but about developing sustainable habits that nurture both the body and mind**.



By the end of the event, one message stood out: **fitness is a lifestyle, not a temporary fix**. Understanding how the body functions, what fuels it, how it recovers, and how stress affects it is key to long-term health. The participants left not just with knowledge but with a renewed commitment to **treating their bodies with care and intention**.

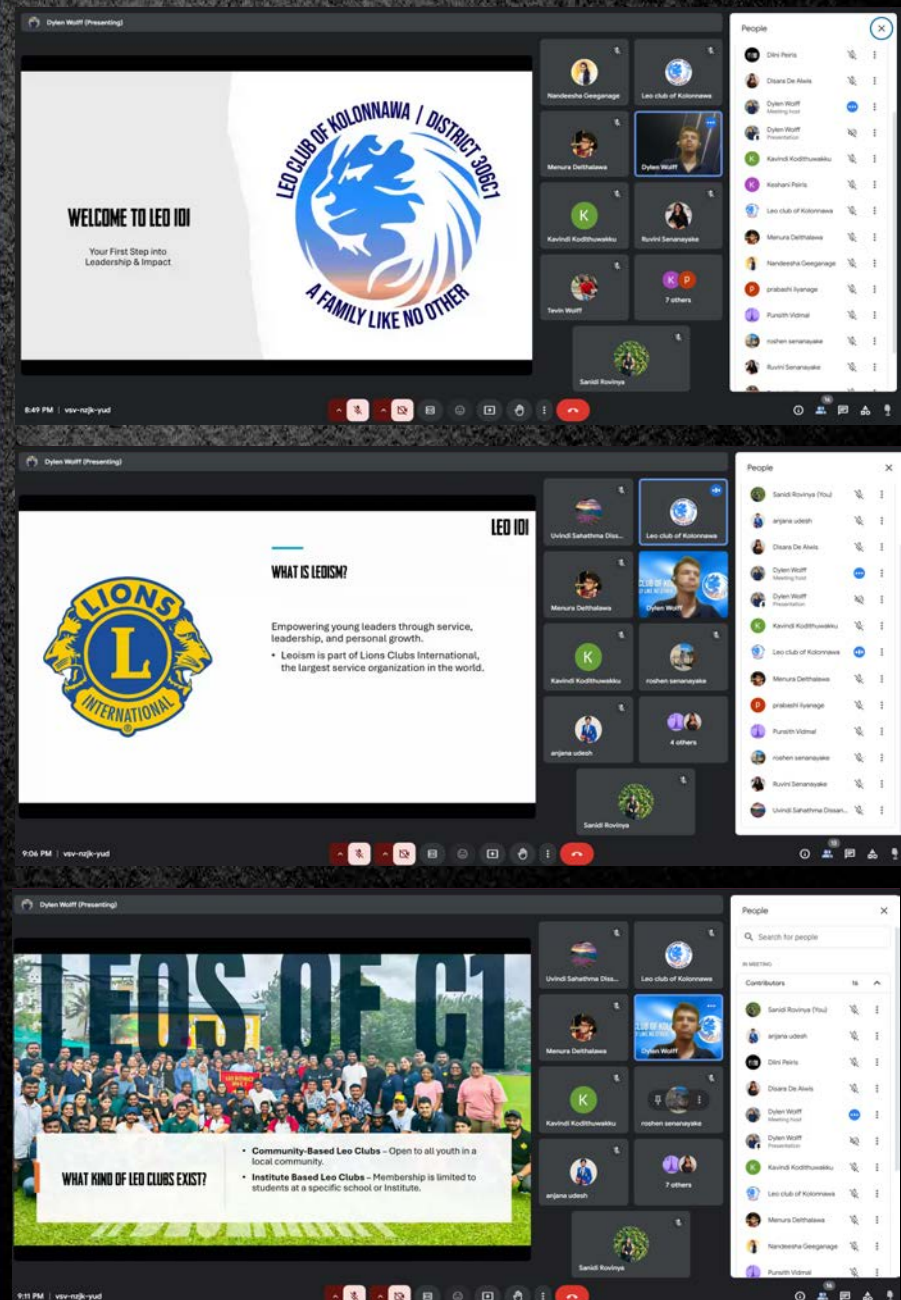
As **FitXperience** continues to evolve, it promises to **empower more individuals with the right tools and knowledge to achieve their fitness goals**. Whether through future sessions, expanded programs, or community-driven initiatives, the journey toward a **healthier, more balanced life** has only just begun.

Every Leo joins for a reason—some seek leadership, others want to serve, and many are drawn to the friendships and growth that come with the journey. But being a Leo is more than wearing a badge. It's about embracing the **values, responsibilities, and opportunities of Leoism**. That's why the Leo Club of Kolonnawa launched **LEO 101**, a special session to guide new members and give them a strong start.

Held on **Saturday, February 15, 2025, at 8:30 PM** on Google Meet, the session welcomed newly joined members in an interactive and engaging format. **Leo Anjana Udesh**, District Vice President, joined us to share valuable insights on the broader Leo movement. We began with an icebreaker where members shared why they joined and what they hoped to gain. It set the tone for a night of connection and discovery.

NEW TO THE LEO CLUB?
LEO 101 IS YOUR GUIDE TO OUR MISSION, IMPACT, AND HOW YOU CAN MAKE A DIFFERENCE. LEARN, CONNECT, AND LEAD WITH US!

LEO 101
KICKSTARTING YOUR LEO JOURNEY



The session kicked off with a warm welcome and an **icebreaker** where new members shared why they joined and what they hoped to gain from Leoism. Their responses reflected a genuine eagerness to grow, connect, and contribute. It was clear that each of them saw potential in Leoism—not just as a club, but as a journey of transformation.



OPPORTUNITY
EXPERIENCE
LEADERSHIP

WHAT IS LEO TO ME?

We then dove into the **three pillars of Leoism—Leadership, Experience, and Opportunity**. These aren't just buzzwords. They define what it means to be a Leo. We introduced the idea that “**LEO**” spelled backwards is “**OEL**”—**Opportunity leads to Experience, and Experience shapes Leadership**. It's a cycle that continues to develop every member who stays active and engaged.

Understanding how Leoism is structured was a major focus. Many new members are unaware that their local club is part of a much larger framework. We explained how the Leo Club of Kolonnawa fits into Leo District 306 C1, which is part of Multiple District 306 (Sri Lanka), and how all of this connects to the global Leo movement under Lions Clubs International. Knowing this helped our members feel that they were not just joining a club—they were becoming part of a worldwide network of young changemakers.



LIONS CLUB OF KOLONNAWA

We also introduced the Lions Club of Kolonnawa, our sponsoring club. Their role in mentoring us, supporting our projects, and guiding our leadership cannot be overstated. We explained the importance of the Leo Advisor, who acts as a bridge between the Leos and Lions, ensuring we stay connected to the broader goals of the movement.



Beyond structure, we highlighted the many opportunities Leoism offers—**public speaking, event organizing, networking, and confidence building**. These experiences prepare young people not only for service but also for life.

We ended by setting clear expectations: participation, teamwork, and a willingness to grow. Leoism is an investment in yourself, and the more involved you are, the more you gain.

LEO 101 was more than an introduction—it was a spark. For our new members, it marked the beginning of a journey filled with purpose, growth, and impact. And for our club, it was a reminder of why we do what we do.



MEME CORNER

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SECRETARY'S NOTE

Dear Leos,

As we enter the final quarter of the Leoistic Year 2024/2025, this moment invites reflection — not just on what we've achieved, but on how far we've come as a club. It has been an incredible journey, and I feel proud to serve as your secretary during a year filled with energy, commitment, and meaningful service.

One of the highlights of our journey so far was being ranked among the Top Ten Leo Clubs at the Mid-Year Conference. This was not just a recognition, but a reminder of what we're capable of when we move forward together — with clarity, consistency, and a shared purpose.

Behind every successful project is teamwork, coordination, and communication. I've had the privilege of working closely with our board and members to ensure that our reports reflect the real work we do — the work that matters. Your contributions, your updates, and your stories make my job easier and more rewarding.

As we approach the final stretch, let's keep the same spirit alive. We still have work to do, and I am confident that the months ahead will be just as impactful.

Yours in Leo Spirit,

Subhani Embuldeniya
Leo Club of Kolonnawa



EDITOR'S NOTE

Dear Gentle Reader,

It's hard to believe we're already in the final phase of the Leoistic Year 2024/2025. With great pleasure, I bring you the fifth edition of The Witness — a space where our club's heart, effort, and voice come together in one story.

Each edition of The Witness is a collaborative reflection of our journey. From service projects to leadership moments, every page celebrates the passion, creativity, and spirit of the Leos of Kolonnawa. I'm thankful to everyone who contributed their time, words, and visual stories to make this issue come alive.

This Leoistic year has been filled with dedication and drive, and I'm especially proud of the executive team — our President, Secretary, and Vice President — for their leadership and support. It has been an honour to document their vision and the work of our members through this platform.

As we look ahead to the final projects and plans, let's continue telling stories that inspire. The Witness isn't just a newsletter — it's a living memory of what we build together.

Yours in Service and Creativity,

Leo Sanidi Rovinya
Leo Club of Kolonnawa

WITNESS



@kolonnawaleos