

SERVE WITH

Passion



A Newsletter by Lions Clubs of Singapore, District 309 > Issue 3 • June 2026



Message from District Governor Lion Chia Lai Soon 区总监寄语

As this edition marks the closing chapter of my term as District Governor, I reflect with gratitude on what has been a truly fruitful and meaningful journey.

Despite the many demands and the busy schedule across numerous events, every effort has been worthwhile. This success would not have been possible without the unwavering support, dedication, and unity of our members and Clubs. Together, we have turned every challenge into an opportunity and every event into a meaningful impact for the communities we serve.

Let us continue to uphold the Lions spirit, strong, committed, and ever ready to serve. May this spirit remain with us, not just today, but for many years to come.

As we move forward, I urge all members and Clubs to give your fullest support to our incoming District Governor, Lion Lawrence Sew, and his team. With your continued encouragement and cooperation, I am confident that District 309 will achieve even greater heights.

Thank you for your trust, support, and friendship throughout this memorable journey.

Serve with Passion.

Yours in Service,
Lion Chia Lai Soon
District Governor FY 2025-2026

随着本期会刊的发布，也标志着我担任区总监任期即将画下句点。在此，我怀着感恩的心情，回顾这段充实且意义非凡的旅程。

尽管在任期间事务繁忙、活动频繁，但每一份付出都是值得的。这一切的成果，离不开全体会员及各分会的坚定支持、无私奉献与团结合作。正因为大家的共同努力，我们将每一次挑战化为契机，把每一项活动转化为对社区有意义的服务与贡献。

让我们继续秉持狮子会的精神——坚定、投入、随时准备服务社会。愿这份精神长存于心，不仅在当下，更延续至未来的岁月。

展望未来，我诚挚呼吁全体会员及各分会，继续全力支持即将上任的区总监萧永祥及其团队。在大家持续的支持与配合下，我深信309区必将再创高峰，迈向更辉煌的未来。

衷心感谢大家在这段难忘旅程中的信任、支持与情谊。

热忱服务 (Serve with Passion)

服务同在，
谢来楫

2025-2026年度区总监



MISSION 1.5 - A Success! 圆满成功-使命1.5

I am deeply honoured and humbled to receive this recognition from International President A.P. Singh for achieving over 80% of our membership recruitment target.

This achievement does not belong to me alone. It is the result of the collective efforts, dedication, and passion of every Lion in District 309. To our District Cabinet, Club Presidents, Membership Chairs, and all members who have introduced new Lions to our movement, thank you for believing in our mission and working tirelessly to grow our Lions family.

Every new member represents another caring heart and helping hand to serve our communities. Together, we have strengthened our ability to make a greater impact and touch more lives.

As we enter the final stretch of this Lions year, let us continue to serve with passion, stay united, and finish strong. Thank you, District 309, for making this achievement possible. The best is yet to come!

We Serve.
DG Chia Lai Soon
District Governor, Lions Clubs International District 309



我深感荣幸，也满怀谦卑，能够获得国际总会长A.P. Singh的这份表彰，认可我们实现了超过80%的会员招募目标。

这份成就绝非我一人之功。它是309区每一位狮友共同努力、无私奉献和满腔热忱的成果。感谢我们的区内阁、各分会会长、会员发展委员会主席，以及所有引荐新狮友加入此运动的伙伴们，感谢你们对我们使命的坚信，并为壮大我们狮友大家庭而不懈奋斗。

每一位新会员，都代表着一颗关怀他人的心和一双帮助他人的手，去服务我们的社区。我们同心协力，增强了自身的影响力，也照亮了更多生命。

在本狮子年度即将进入最后冲刺阶段之际，让我们继续满怀热忱地服务，团结一致，强势收官。感谢309区，让这一切成为可能。最好的篇章，还在前方！

我们服务。
区总监 谢来樛
国际狮子会新加坡309区

District 309 Annual Convention 2026 309区年度大会2026

Report by PDG Lion Victor Yip, Chairperson, Convention Organising Committee

It is with deep gratitude and great pride that I share these reflections following the successful conclusion of the 3rd District 309 Lions Convention 2026, held from 24 to 25 April 2026 at KSL Hotel & Resort, Johor Bahru, Malaysia.

This convention holds a special place in our District's history, marking a significant milestone as the first time District 309 has ventured beyond Singapore's shores to host its annual convention since our establishment as a single district following our departure from Multiple District 308.

第三届国际狮子会309区2026年度大会于2026年4月24日至25日在马来西亚新山KSL酒店及度假村成功举行。对此，我怀着深深的感激与无比的自豪，与大家分享我的感想。

本届年会在本区的历史上占有特殊地位，它标志着一个重要的里程碑——这是自309区从308复合区独立为单一区以来，首次跨出新加坡本土，在海外举办年度大会。

Held under the inspiring theme “From Passion to Purpose: Together in 309,” the convention brought together 439 delegates representing Clubs across the District. It was a memorable and enriching gathering that celebrated fellowship, camaraderie, service, and our shared commitment to Lionism.

From the outset, our objectives were clear: to strengthen the bonds that unite our Clubs, to chart a forward-looking agenda for the District, and to recognise those whose dedication has elevated our collective efforts over the past year. By every measure, the convention achieved these aims. The energy and engagement across both days stood as a powerful affirmation that We Serve remains at the very core of who we are.

A Fairway Beginning: Inaugural Convention Golf Event

The inaugural District 309 Convention Golf Event, held on 23 April 2026 at Forest City Golf Resort, marked an exciting addition to our convention programme. It successfully combined sporting spirit with the fellowship that defines our Lions community.

I extend my heartfelt congratulations to all participants and prize winners, and my sincere appreciation to the Golf Sub-Committee for their meticulous planning and execution. This initiative has laid a strong foundation for what we hope will become a valued tradition in future conventions.

The Convention Proper: 24–25 April 2026

The formal convention commenced on 24 April 2026 at KSL Hotel & Resort, Johor Bahru. The two-day programme was thoughtfully curated to balance visionary leadership, practical learning, meaningful ceremonies, business meetings, and the enduring spirit of fellowship.

Inspiring Sessions and Distinguished Speakers

We were honoured to receive the keynote address from International Director, Dato’ Yeow Wah Chin. In his address, he challenged delegates to think boldly about membership growth, expand the reach of our service networks, and deepen our humanitarian impact.

His message was both reflective and forward-looking—a call to action reminding us that Lions do not merely respond to need, but anticipate and meet it with purpose and commitment.

Workshops, conducted concurrently in English and Mandarin, focused on two pillars critical to our District’s future: membership growth and leadership development. Led by an esteemed panel: LCI Board Appointee Potter Ka (Malaysia), IPDG Sol Flores (Philippines), PDG Sammy Shum (Hong Kong), and PDG Jessica Budiman (Indonesia), the sessions drew strong participation and sparked rich, cross-cultural dialogue. The insights gained are expected to inspire concrete initiatives at the Club level in the months ahead.

Celebrating Excellence: Awards and Recognition

The awards ceremony, held during the convention banquet on 24 April, was a highlight of the event.

本届大会以鼓舞人心的主题“从热忱到使命：齐聚309 (From Passion to Purpose: Together 309)”展开，汇聚了来自全区各分会的439名代表。这是一次令人难忘且收获丰盛的聚会，我们共同庆祝了友谊、伙伴情谊、服务精神，以及我们对狮子主义共同的承诺。

从一开始，我们的目标就很明确：加强各分会之间的团结纽带，为本区规划前瞻性的议程，并表彰那些在过去一年中为推动我们集体努力做出卓越贡献的狮友。从各方面衡量，本届大会都实现了这些目标。两天来的活力与积极参与，有力地印证了“我们服务 (We Serve)”始终是我们最核心的宗旨。

以高尔夫赛开启美好篇章： 首届大会高尔夫球赛

本届大会的首届高尔夫球赛于2026年4月23日在森林城市高尔夫度假村(Forest City Golf Resort)举行，为大会增添了令人兴奋的新元素。它成功地将体育精神与我们狮子会社区所代表的联谊精神结合在一起。

我衷心祝贺所有参赛者和获奖者，并诚挚感谢高尔夫球赛小组委员会精心的策划与执行。这项活动为未来大会建立一项宝贵传统奠定了坚实的基础。

大会正式会议：2026年4月24日至25日

正式大会于2026年4月24日在新山KSL酒店及度假村拉开帷幕。为期两天的议程经过精心策划，平衡了前瞻性领导力、实用性学习、庄重的仪式、业务会议以及永恒的友谊精神。

启迪人心的讲座与杰出的演讲嘉宾

我们很荣幸邀请到国际理事Dato’ Yeow Wah Chin先生发表主题演讲。他在演讲中激励代表们大胆思考会员增长，拓展服务网络范围，并加深我们的人道主义影响。

他的信息既发人深省，又具有前瞻性——他号召大家行动起来，提醒我们，狮子会不仅仅是对需求做出回应，更是要以使命感和责任感去预见并满足这些需求。

工作坊以英语和华语分场同时进行，聚焦于对本区未来至关重要的两大支柱：会员增长和领导力发展。工作坊由杰出的嘉宾小组主持，包括LCI国际理事委任成员Potter Ka (马来西亚)、前任区总监Sol Flores (菲律宾)、前区总监Sammy Shum (香港)和前区总监Jessica Budiman (印度尼西亚)。这些讲座吸引了众多参与者，并引发了丰富的跨文化对话。预计获得的见解将在未来几个月内激发各分会层面的具体举措。

表彰卓越：颁奖与表彰

于4月24日大会晚宴期间举行的颁奖典礼是本届活动的亮点之一。它为本区提供了一个聚在一起、表彰我们各分会及狮友们卓越服务和奉献精神的机会。

It provided an opportunity for the District to come together in recognition of the outstanding service and dedication of our Clubs and fellow Lions.

Awards presented included:

- District Governor's Awards
- LCI Presidential Awards
- LCI Presidential Leadership Awards
- LCI Presidential Certificate of Appreciation
- LCI GAT Certificate of Appreciation

LCI Presidential Medal:

- DG Chia Lai Soon
- PCC Anthony Cheong (West)
- PDG Bobby Eng (Katong)
- PDG Steven Seah (Tanah Merah)
- DC Amy Yu (Oriental)
- PP Alex Lim (Tanglin)

LCI Presidential Leadership Medal:

- GSTC Cheryl Mah (Central)
- RC Alice Song (Mandarin)
- DC Jennifer Chew (Eunos)
- CP Laura Lee (Roots)

LCI Presidential Certificate of Appreciation:

- CT Belinda Yap (Clover)

LCI GAT Certificate of Appreciation:

- GMTC Angeline Woo (Nassim)
- GETC Jonathan Tan (Katong)

On behalf of the Organising Committee, I extend our warmest congratulations to all recipients. These honours reflect not only individual excellence but also the collective spirit of Lionism, our shared belief in service above self. Each recipient exemplifies the very best of our motto, We Serve.

A key agenda item of the convention was the election of the District Governor's team for FY2026/2027. Congratulations to DGE Lawrence Sew, 1VDGE Tay Jia Ming, and 2VDGE Yeoh Guan Huah. We look forward to your leadership and stewardship of District 309.

With Deepest Gratitude

An event of this scale, spanning two days and involving 439 delegates, is only possible through the dedication and commitment of many.

I wish to express my sincere appreciation to all Sub-Committee Chairs and volunteers for their professionalism, attention to detail, and unwavering support. Your efforts were instrumental in ensuring the success of this convention.

I also extend my heartfelt thanks to all delegates. Your enthusiasm, active participation, and commitment transformed this convention from a planned programme into a vibrant and meaningful experience. You are, ultimately, the reason such gatherings matter.

颁发的奖项包括:

- 区总监奖
- LCI 国际总会长奖
- LCI国际总会长领导奖
- LCI国际总会长感谢状
- LCI全球行动团队(GAT)感谢状

LCI 国际总会长奖章获奖者:

- 区总监 Chia Lai Soon
- 前区理事会主席 Anthony Cheong (West)
- 前区总监 Bobby Eng (Katong)
- 前区总监 Steven Seah (Tanah Merah)
- 区委主席 Amy Yu (Oriental)
- 前分会会长 Alex Lim (Tanglin)

LCI国际总会长领导奖章获奖者:

- 全球服务团队协调员 GSTC Cheryl Mah (Central)
- 专区主席 Alice Song (Mandarin)
- 区委主席 Jennifer Chew (Eunos)
- 创会会长 Laura Lee (Roots)

LCI国际总会长感谢状获奖者:

- 区内阁财政 Belinda Yap (Clover)

LCI全球行动团队 (GAT) 感谢状获奖者:

- 全球会员发展团队协调员
GMTC Angeline Woo (Nassim)
- 全球新会扩展团队协调员 GETC Jonathan Tan (Katong)

我谨代表组织委员会，向所有获奖者致以最热烈的祝贺。这些荣誉不仅体现了个人卓越，更体现了狮子主义的集体精神，即我们坚信“服务至上”。每一位获奖者都体现了我们座右铭“我们服务”的最好精神。

大会的一项重要议程是选举2026/2027财政年度的区总监团队。祝贺候任区总监 Lawrence Sew、候任第一副区总监 Tay Jia Ming 和候任第二副区总监 Yeoh Guan Huah。我们期待你们的领导和对309区的管理。

衷心感谢

如此规模的盛会，历时两天，有439名代表参与，离不开许多人的奉献和付出。

我想对所有各小组委员会主席和志愿者们表示诚挚的谢意，感谢他们的专业精神、对细节的关注和坚定不移的支持。你们的努力是确保本届大会成功举办的关键。

我也衷心感谢所有代表。你们的热情、积极参与和奉献精神，将这次大会从一个计划中的项目，转变为一个充满活力和有意义的体验。归根结底，你们才是这次聚会的意义所在。

Lions Club International D385 Beijing Delegates' visit to Lions Home for the Elders (LHE) Bishan

国际狮子会385区北京代表访问碧山狮子乐龄之家 (Bishan@LHE)

By Lion Jennifer Ong, DC International Relations



District 309 Singapore, District Governor Chia Lai Soon and some members of his Cabinet welcomed LCI District 385, District Governor Michael Lee and his delegates from Beijing at the Lions Home for the Elders in Bishan on 8 March 2026 [Sunday] and hosted a sumptuous lunch at the Singapore Swimming Club.

新加坡309区总监谢来樾及部分内阁成员，于2026年3月8日（星期日）在碧山狮子乐龄之家，欢迎国际狮子会385区总监Michael Lee及其来自北京的代表团，并于新加坡游泳俱乐部 (Singapore Swimming Club) 设丰盛午餐款待一行人。



Lions Save-Sight Projects 2025-2026

狮子会护眼计划2025-2026

By Lion Jennifer Chew, DC Sight Preservation Awareness & Action



The LSSC eye screening projects conducted for the 4th Quarter of 2025 and 1st Quarter of 2026 were as follows:

1) Lions World Sight Day 2025

This year's Lions World Sight Day Project in collaboration with SNEC National Eye Care Day was successfully held at Yio Chu Kang Community Centre on 5th October 2025 from 9am to 1pm.

378 senior residents from Yio Chu Kang and its neighbouring GRC constituencies had their eyes screened, and 134 seniors were referred for follow-up treatment at any hospital eye centre/clinic. Reading glasses sponsored by LCSF were donated to those senior residents who needed them after completion of their eye screening.

In conjunction with the Lions World Service Day, on the same day, DC Lion Jennifer Chew also arranged for volunteer hairstylists to provide free haircuts to 98 senior residents after they had completed their eye screening, at the CC.

狮子会护眼中心Lions SaveSight Centre (LSSC) 在2025年第四季度及2026年第一季度开展的视力筛查项目如下:

1) 2025年狮子会世界视觉日 (Lions World Sight Day 2025)

今年，狮子会世界视觉日项目与新加坡全国眼科护理中心Singapore National Eye Centre (SNEC) 全国爱眼日合作，于2025年10月5日上午9时至下午1时在杨厝港民众俱乐部 (Yio Chu Kang Community Club) 成功举办。

共有378名来自杨厝港及其邻近集选区选区的年长居民接受了视力筛查，其中134人被转介至其他医院眼科中心/诊所进行后续治疗。由狮子会社区服务基金会(LCSF)赞助的老花镜，在年长者完成视力筛查后，捐赠给有需要的年长居民。

同一天，为配合狮子会世界服务日，区委主席Jennifer Chew还安排了志愿发型师，在年长居民完成视力筛查后，于民众俱乐部为98名年长居民提供免费理发服务。



2) Bi-Monthly LSSC Eye Screening Projects:

- a. Date and Time: 23 Nov 2025 from 9am to 12.30pm
Location: Clementi CC
Number served: 201 seniors turned up for their eye screening; 70 seniors were referred for follow-up treatment at any hospital/ eye clinic.
- b. Date and Time: 18 Jan 2026 from 9am to 12.30pm
Location: Jurong Spring CC
Number served: 183 seniors turned up for their eye screening; 35 including two urgent referrals were referred for follow-up treatment at any hospital/ eye clinic.
- c. Date and Time: 15 Mar 2026 from 9am to 12.30pm
Location: Chua Chu Kang CC
Number served: 167 seniors turned up for their eye screening; 68 were referred for follow-up treatment at any hospital/ eye clinic. There was no urgent referral.

Reading glasses sponsored by LCSF were given to those seniors who needed them.

2) LSSC 双月视力筛查项目:

- a. 日期与时间: 2025年11月23日上午9时至下午12时30分
地点: 金文泰民众俱乐部 (Clementi Community Centre)
服务人数: 201名年长者前来进行视力筛查; 70人被转介至其他医院/眼科诊所进行后续治疗。
- b. 日期与时间: 2026年1月18日上午9时至下午12时30分
地点: 裕泉民众俱乐部 (Jurong Spring Community Club)
服务人数: 183名年长者前来进行视力筛查; 35人 (包括两例紧急转介) 被转介至其他医院/眼科诊所进行后续治疗。
- c. 日期与时间: 2026年3月15日上午9时至下午12时30分
地点: 蔡厝港民众俱乐部 (Chua Chu Kang Community Club)
服务人数: 167名年长者前来进行视力筛查; 68人被转介至其他医院/眼科诊所进行后续治疗, 无紧急转介。

由 LCSF 赞助的老花镜赠予有需要的年长者。

Sugar Smart Ambassador Training Workshop

智慧控糖大使 (Sugar Smart Ambassador) 培训工作坊

Lion Yong Chiang Boon, DC Diabetes & Hearing Awareness & Action



On Saturday, 14 March 2026, a successful Sugar Smart Ambassador Training Workshop was held at the Lions Home for the Elders (Bedok Branch). This initiative was a collaborative effort between Diabetes Singapore and District 309, aimed at equipping our members with the tools to combat the growing prevalence of diabetes in our community.

Workshop Overview

Subject: Empowering Lions as Sugar Smart Ambassadors for Diabetes Awareness

The training was strategically divided into two sessions to ensure maximum engagement and linguistic inclusivity:

Morning Session (English):

Attended by 30 Lions

Afternoon Session (Mandarin):

Attended by 50 Lions

In total, 80 dedicated Lions are now prepared to serve as ambassadors for this cause.

Key Learning Objectives:

The curriculum, delivered by expert speakers, provided a comprehensive deep dive into:

- Core Diabetes Knowledge: Understanding the types, causes, and myths surrounding the condition.

2026年3月14日（星期六），一场成功的“智慧控糖大使培训工作坊”在勿洛狮子乐龄之家(Bedok@LHE)举行。此次活动由糖尿病协会(Diabetes Singapore)与309区联合举办，旨在为我们的会员提供所需工具，以应对社区中日益严重的糖尿病问题。

工作坊概况

主题：赋能狮友成为智慧控糖大使，提升对糖尿病的认知

培训策略性地分为两个场次，以确保最大程度的参与度和语言包容性：

上午场（英语）：有30位狮友参加

下午场（华语）：有50位狮友参加

总计有80位热忱的狮友现已准备就绪，担任此项事业的倡导大使。

核心学习目标

由专家讲师主讲的课程内容，提供了全面且深入的探讨，涵盖：

- 糖尿病核心知识：了解糖尿病的类型、成因，以及关于该疾病的常见迷思。
- 糖尿病护理与管理：实用的生活方式调整及营养指导。
- 科技进步：有关有效监测血糖水平的现代仪器的操作培训。



- Diabetes Care & Management: Practical lifestyle adjustments and nutritional guidance.
- Technological Advancements: Training on modern devices for monitoring blood glucose levels effectively.

The Road Ahead: Community Impact

The primary goal of this workshop is to turn knowledge into action. Our newly minted ambassadors are encouraged to:

- Start at Home: Share insights with family and friends.
- Community Outreach: Utilize their expertise during Lions community service projects to educate the public.
- Early Intervention: Help the public understand the importance of regular screening and monitoring.

Recognition

We were honoured to have our District Governor in attendance to present the Certificates of Participation to all trainees. This gesture underscored the District's commitment to health advocacy and professional volunteerism.

Summary

Knowledge is the first step in prevention. By empowering 80 Lions with these skills, we are creating a ripple effect that will improve the health outcomes of countless individuals across our community.



未来之路：社区影响力

本次工作坊的主要目标是将知识转化为行动。我们新晋的大使们被鼓励：

- 从家开始：与家人和朋友分享所学见解。
- 社区外展：在狮子会的社区服务项目中运用专业知识，向公众进行教育宣导。
- 早期干预：帮助公众了解定期筛查和监测的重要性。

表彰

我们很荣幸邀请到区总监出席，为所有受训学员颁发参与证书。此项举动彰显了专区对健康倡导及专业志愿服务精神的承诺。

总结

知识是预防的第一步。通过赋予80位狮友这些技能，我们正在创造涟漪效应，这将改善我们社区中无数人的健康成果。

Lions Clubs Hearing Loss Public Talk

狮子会听力损失公开讲座

Lion Yong Chiang Boon, DC Diabetes & Hearing Awareness & Action



Date: Saturday 28 March 2026
Venue: Perennial Business City

Overview

The Hearing Loss Public Talk was successfully executed on March 28, 2026, serving as a vital touchpoint for community health education. The event brought together a diverse group of over 60 participants, including Lions members representing 15 different Clubs and members of the general public.

Key Highlights & Success Factors

The event was characterized by seamless logistical execution and high engagement levels:

Crowd Management: Despite the high turnout, entry and seating were handled efficiently, ensuring a professional and welcoming atmosphere.

Refreshments: The catering and refreshment organisation were well-received, providing a comfortable environment for networking between sessions.

Technical Showcase: The display of medical devices offered participants a hands-on look at modern hearing health solutions, adding a practical dimension to the theoretical knowledge shared.

Expert Insight: Our guest speaker provided high-level expertise, successfully distilling complex information into actionable awareness for the community.

Team Recognition

The “huge success” of this initiative is a direct result of the exceptional teamwork displayed by our Lions volunteers. Their dedication to managing the finer details of the event ensured that our mission to spread hearing health awareness was met with excellence.

日期：2026年3月28日（星期六）
地点：Perennial Business City

活动概述

听力损失公开讲座于2026年3月28日成功举办，成为社区健康教育的重要触点。本次活动汇聚了超过60名多元参与者，包括来自15个不同狮子会分会的狮友以及社会公众人士。

主要亮点与成功因素

本次活动以流畅的后勤执行和高度参与度为特点：

人流管理：尽管出席人数众多，入场及座位安排仍高效有序，营造出专业且温馨的氛围。

茶点供应：餐饮及茶歇安排广受好评，为与会者在各环节之间交流互动提供了舒适环境。

技术展示：现场展示的医疗设备让参与者得以亲身体验现代听力健康解决方案，为理论知识增添了实践维度。

专家见解：特邀嘉宾讲师提供了高水平的专业知识，成功将复杂信息转化为社区易于理解的实用健康意识。

团队致谢

本次活动的“巨大成功”离不开我们狮子会志愿者卓越的团队协作。他们对活动各项细节的尽心投入，确保了我们的传播听力健康意识的使命得以圆满达成。



Summary of Preparation for a **BLOOD DONATION DRIVE** by Lions Club of Singapore Serangoon Gardens

新加坡狮城花园狮子会捐血活动筹备概要

By Lion Patrick DeRoose, LCS Serangoon Gardens

Every day, ordinary citizens are in need of blood transfusion due to serious medical conditions such as severe anaemia, bleeding stomach ulcer, major surgery such as open heart surgery, Post Partum Haemorrhage in women after child birth, massive bleeding due to industrial accidents. In every one of these situations the Blood Transfusion Service (BTS) will provide free of charge the lifesaving blood. Every day the hospitals need about 400 units of blood. This is provided by voluntary non-numerated donors. But these donors are only less than 2% of the Singapore population. This poses serious challenges as expressed by Adjunct Professor (Dr) Raymond Chua, Chief Executive Officer, Health Sciences Authority. He said on the occasion of a recent blood donation event : “We hope to take this opportunity in this milestone year for the National Blood Programme, to grow a culture of care and community commitment in Singapore. Everyone can play a part, but we would like to start with organizations that have a bigger workforce, to encourage their staff to donate blood and to do so regularly. We believe this will inspire more companies and individuals to do so, and in turn, be part of a meaningful movement to care for one another, and to save lives.”

The blood donations are coordinated by the Red Cross Society (RCS). They coordinate blood donation drives either for large organisations at their premises or for smaller groups and individuals using the existing infrastructure of 5 centres in HSA Outram Park, Westgate Tower, Punggol, Woodlands and Dhoby Ghaut.

Lions Club of Singapore Serangoon Gardens opted for blood donation drive using existing BTS infrastructure because BTS accommodates smaller groups which are easier to manage for a first project of this nature, easier to manage in anticipation of a larger campaign.

The blood donation process comprises of the following steps:

- Identify potential donors (population mix, medical versus non-medical orientation, potential conversion rate against target set at 40 confirmed donors and stretch target as 60, per session)
- Focus energy on high value targets such as companies, not-for-profit organizations, schools and universities, large families with “family chat room”, ... without ignoring individuals

每天，都有普通公民因严重医疗状况而需要输血，例如严重贫血、胃溃疡出血、心脏直视手术等大型手术、女性产后大出血、工业事故导致的大出血。在每一种情况下，血液服务局（BTS）都会免费提供挽救生命的血液。每天，医院需要大约400单位的血液。这些血液由自愿无偿捐血者提供。但这些捐血者仅占新加坡人口的不到2%。这构成了严峻的挑战，正如卫生科学局首席执行官 (DR) Raymond Chua兼任教授在近期的一次捐血活动上所说：“我们希望借此机会，在国家血液计划这一里程碑年份，在新加坡培养关怀文化和社区承诺。每个人都可以出一份力，但我们希望从拥有较大劳动力的组织开始，鼓励他们的员工捐血并定期捐血。我们相信，这将激励更多公司和个人加入，进而成为相互关爱、拯救生命的有意义运动的一部分。”

捐血活动由红十字会（RCS）协调。他们负责为大型组织在其场所内协调捐血活动，或为较小团体和个人利用现有的5个中心基础设施进行协调，这些中心分别位于HSA Outram Park、Westgate Tower、Punggol、Woodlands和Dhoby Ghaut。

LCS Serangoon Gardens选择利用现有的BTS基础设施来举办捐血活动，因为BTS能容纳较小的团体，这对于首次开展此类项目来说更容易管理，也便于为未来更大规模的活动进行筹备。

捐血流程包括以下步骤：

- 确定潜在捐血者（人口构成、医疗与非医疗背景、转化率，目标是每场活动40名确认捐血者，冲刺目标为60名）
- 将精力集中在高价值目标上，例如公司、非营利组织、学校和大学、拥有“家庭聊天群”的大家庭等，同时不忽略个人
- 对于17-18岁的人员，需获得家长同意
- 开展媒体宣传活动以实现目标转化率
- 使用现代科技接触年轻群体，例如社交媒体、讨论论坛、博客、倡导者和有影响力的人士
- 在网站上发布教育性海报以及实体宣传册
- 进行预登记以协调交通（最少10名乘客可享受免费交通）和BTS容量（HSA容量较大）

- For persons 17 – 18 years old, obtain parental consent
- Media campaign to achieve target conversion
- Use modern technology to touch the younger population, e.g. social media, discussion forums, blogs, champions and influencers
- Educational posters on website as well as physical pamphlets
- Pre-registration to coordinate transport (minimum 10 passengers to have free transport) and BTS capacity. HSA has the larger capacity
- Reservation in BTS of both individuals and organizations
- Identify point of contact for each organization
- Transport by RCS
- Welcome and registration in BTS
- Nurse assessment of Hb & iron
- Doctor assessment on current health stats, travel history, current medication
- Document acceptance as donor in spreadsheet
- If given green light by BTS medical team, donate 450 ml blood under medical supervision
- Lions Club & Leo Club band aid
- Recovery over drink and refreshment
- Monitor recovery
- Transport back to original start point

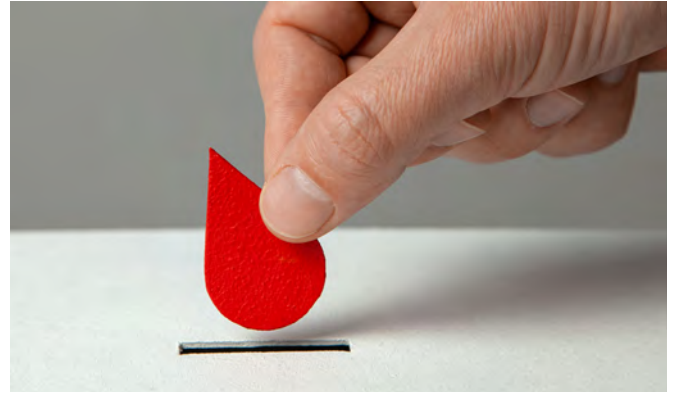
How to achieve this objective? Build on the strength of Lions Clubs and Leo Clubs. We have the same values WE SERVE in the local community. We collaborate on equal footing with no ego's. Each one contributes based on their capability, how they can contribute on achieving the objectives. Respect and maximize strength. The Leo Club can contribute with technology savvy, educational aspects, recruit youngsters who could become long term regular blood donors. The newly established Leo Club of Singapore Serangoon Gardens under the leadership of Lion Roger Teo and Ms Harsini is instrumental to the success of the project.

After the project we need to evaluate the success or failure to learn from the experience e.g. potential donors, actual donors, repeat donors, potential for D309.

In summary, the blood donation drive project is aligned with the values of Lions Clubs and Leo Clubs. Its success is based on the strengths and weaknesses of the Lions Clubs and Leo Clubs collaboration, maximizing the strength of each Club.

Documents as reference (upon request):

- Pre-registration form for organizations
- Registration form for individuals arriving at BTS
- Initial communication
- Follow up communication



- 在BTS为个人和组织进行预约
- 为每个组织确定联络人
- 由红十字会提供交通
- 在BTS进行欢迎与登记
- 护士评估血红蛋白(Hb)和铁含量(iron)
- 医生评估当前健康状况、旅行史、当前用药情况
- 在电子表格中记录捐血者资格确认
- 如果获得BTS医疗团队的许可，在医疗监督下捐献450毫升血液
- 狮子会 (Lions Clubs)和青少狮 (Leo Clubs)会提供创可贴 (Band Aid)
- 通过饮品和茶点恢复体力
- 监测恢复情况
- 交通返回原始出发点

如何实现这一目标? 依托狮子会和青少狮会的优势。我们在本地社区秉持相同的“我们服务”的价值观。我们在平等的基础上合作，不夹杂个人情绪。每个人都根据自己的能力，以及如何为实现目标做出贡献来发挥作用。尊重并最大化优势。青少狮会可以在技术知识、教育方面做出贡献，并招募可能成为长期定期捐血者的年轻人。新成立的LCS Serangoon Gardens青少狮会在Lion Roger Teo和Ms Harsini的领导下，对该项目的成功至关重要。

项目结束后，我们需要评估成功或失败，以便从经验中学习，例如潜在捐血者、实际捐血者、重复捐血者以及309区的潜力。

总而言之，捐血活动项目与狮子会和青少狮会的价值观保持一致。其成功基于狮子会和青少狮会合作中的优势与劣势，并最大化每个分会的优势。

参考文件（可应要求提供）：

- 组织预登记表
- 个人抵达BTS登记表
- 初次沟通信
- 后续沟通信

The Power of Dreams: Leo Orientation & Workshop

Empowering the Next Generation:
A Journey of Leadership and Vision with Lion Dr. Alan Too

梦想的力量：狮子会青少狮 (LEO) 迎新研习营
赋能下一代：Dr. Alan Too狮友共赴领导力与愿景之旅



On 22 March 2026, around 100 Lions, Leos, District leaders, and guests gathered for **The Power of Dreams – Leo Orientation & Workshop**, an inspiring leadership programme dedicated to developing the next generation of service leaders.

The workshop was led by **Past District Governor D308-B2 Malaysia and Multiple District 308 Committee Chairperson (Leo & Youth), Lion Dr. Alan Too**, accompanied by young Leo leaders **Sharvanand Ashok** and **Wei Le Wong**, who shared valuable insights, experiences, and practical leadership lessons.

The event was jointly organised by **Global Leadership Team – Lion Steven Tan** and **District Chairperson for Leo - Lion Steffi Caroline**. Special appreciation goes to **District Governor D309 Singapore, Lion Chia Lai Soon**, for his support in bringing Dr. Alan and this meaningful programme to Singapore.

Distinguished guests included **District Governor D308-B3 Malaysia Lion Wong Sai Kee** and his Leo delegation, creating a valuable platform for fellowship, collaboration, and cross-district exchange. Participants were also honoured by the presence of **1st Vice District Governor Lion Lawrence Sew** and **2nd Vice District Governor Lion Tay Jia Ming**, reflecting the strong commitment towards youth development and leadership.

A key message of the workshop centred on the meaning of **LEO – Leadership, Experience, and Opportunity**.

新加坡，2026年3月22日—约100名狮友、青少狮、区领导及嘉宾齐聚一堂，参加“梦想的力量-青少狮迎新研习营”。这场充满活力的领导力培训活动于2026年3月22日举行，旨在培养和激励下一代服务领袖，彰显狮子会运动对青年发展的一贯承诺。

本次研习营由前区总监（D308-B2马来西亚）及MD308复合区委员会主席（青少狮与青年事务）Dr. Alan Too狮友担纲主讲。凭借数十年的领导经验，Dr. Alan带来了一场振奋人心的课程，挑战参与者将平凡梦想转化为“有力量的梦想”，通过设定可衡量的目标并采取果断行动来实现愿景。他得到了年轻青少狮领袖Sharvanand Ashok和Wei Le Wong的协助，两位青年领袖的实际经验和切身感悟在与会同龄人中引起了强烈共鸣。

本次活动由全球领导团队GLT Steven Tan和青少狮区委主席Steffi Caroline合作筹办。他们精心的策划确保了活动流程顺畅，内容充实，令所有参与者收获颇丰。本次活动更得益于新加坡309区总监谢来麟的大力支持，他将Dr. Alan其精彩课程引入新加坡的过程中发挥了关键作用。

此次聚会还邀请多位嘉宾莅临而增色不少，其中包括 马来西亚308-B3区总监Wong Sai Kee及其青少狮代表团。他们的参与为跨区联谊与合作搭建了宝贵平台，进一步加强了新马两地狮子会之间的紧密联系。第一副区总监Lawrence Sew和第二副区总监Tay Jia Ming的出席，也充分体现了对青年发展事业的高度重视。



Dr. Alan encouraged members to transform ordinary dreams into “Power Dreams” by setting measurable goals and taking purposeful action in service, leadership, and personal growth.

Another highlight was a presentation by **Cabinet Secretary Lion Alvin Chan**, who shared the rich history of the **Lions Youth Exchange Programme**, hosted by the Lions Club of Singapore Central for over 40 years. The programme continues to provide young people with opportunities for cultural exchange, international friendships, and global perspectives.

The session also emphasised adaptability, lifelong learning, resilience, and inspirational leadership in today’s rapidly changing world. Through the “6 vs 9” perspective exercise, Leo Advisors and leaders were reminded of the importance of empathy, open-mindedness, and guiding youth through different viewpoints.

Looking ahead, participants were encouraged to pursue leadership excellence, strengthen club management practices, and seize opportunities through international events such as the **OSEAL Forum** and the **Lions International Convention**. Plans to establish three new Leo Clubs further reflected the growing commitment towards youth leadership development.

The workshop concluded on a high note, leaving participants inspired to pursue their dreams with purpose and determination. The afternoon also featured a joyful birthday celebration for **District Governor Lion Chia Lai Soon, Cabinet Secretary Lion Alvin Chan, Lion John, and fellow March babies**, adding warmth and fellowship to a truly memorable event.

核心信息与活动亮点

LEO的深层含义

研习营的核心主题之一，是对LEO—领导力（Leadership）、经验（Experience）和机会（Opportunity）这一缩写的深入解读。Dr. Alan引导参与者进行反思，鼓励他们服务不仅视为一项活动，更是一条培养坚韧、共情和远见卓识领导力的路径。

适应力与多视角思维

在一个引人深思的环节中，通过“6与9”视角练习，青少狮辅导老师和青年领袖们被提醒了同理心和开放心态的重要性。该练习强调，真正的领导力需要具备从不同角度看待问题的智慧——这在当今瞬息万变的世界中是一项至关重要的能力。

交流项目的传承

内阁秘书Alvin Chan进行了一场既怀旧又丰富的介绍，详细回顾了由LCS Central主办长达40余年的狮子会青年交流项目（LYEP）的悠久历史。该环节强调了这一项目如何持续为年轻人搭建文化交流、国际友谊和全球视野的桥梁。

展望未来：成长与卓越之路

本次研习营不仅是对过去的反思，更是迈向未来的动力。参与者们备受鼓舞，决心追求领导力卓越、强化分会管理实践，并通过即将到来的OSEAL论坛和狮子会国际年会（Lions International Convention）等国际活动积极把握全球机遇。

会上还宣布了计划成立三个新的青少狮分会的重大消息，这进一步彰显了该区对青年领袖培养事业的坚定承诺，也将扩大狮子会运动在新加坡的影响力。

温馨联谊时刻

活动在温馨而欢乐的气氛中落下帷幕——与会者共同为区总监谢来樛、内阁秘书Alvin Chan、John狮友以及所有三月生日的狮友们庆生。这场生日庆祝为充实而鼓舞人心的一天增添了浓浓的温情与友谊，让所有参与者带着重新燃起的使命感和决心，满怀信心地踏上追逐梦想的新征程。



Leo Movement and Update • 青少狮运动与更新

Purple Parade 2025: Celebrating Inclusion, Inspiring Change

2025年紫色游行： 庆祝包容，激发变革

By Lion Steffi Caroline, DC Leos



In October 2025, members of the Nanyang Polytechnic (NYP) Leo Club sponsored by Lions Club of Singapore Royal joined over 15,000 participants at Purple Parade 2025, Singapore's largest movement celebrating inclusion and empowering persons with disabilities (PWDs).

Through the marching contingent, handmade posters, and interactive activities, our volunteers engaged the public in meaningful conversations about disability inclusion while learning from the lived experiences of persons with disabilities. Beyond the vibrant atmosphere, the event reinforced an important message: inclusion begins with understanding, empathy, and genuine human connection.

For many students, Purple Parade was more than a volunteering opportunity. It was a chance to challenge stereotypes, build meaningful relationships, and recognise that even small acts of support can make a lasting difference. Standing alongside thousands of advocates, we were reminded that a truly inclusive society is built when we celebrate our differences and move forward together.

Through Purple Parade 2025, NYP Leo Club reaffirmed its commitment to fostering compassion, promoting inclusivity, and inspiring young people to become advocates for positive social change.

2025年10月，由LCS Royal赞助的南洋理工学院（NYP）LEO Club成员，与超过15,000名参与者一同参加了2025年紫色游行——这是新加坡倡导包容和赋能残障人士（PWDs）的最大规模运动。

通过行进方阵、手绘海报和互动活动，我们的志愿者与公众展开了关于残障包容的有意义对话，同时从残障人士的真实生活经历中学习和感悟。除了热烈的现场氛围，此次活动也强化了一个重要信息：包容始于理解、共情和真诚的人际连接。

对许多学生而言，紫色游行不仅是一次志愿服务机会，更是一个挑战刻板印象、建立有意义关系，并认识到即使是微小的支持行动也能带来持久改变的时刻。与成千上万的倡导者并肩而立，我们深刻体会到，一个真正包容的社会，正是在我们庆祝彼此差异、携手共进的过程中构建起来的。

通过2025年紫色游行，NYP LEO Club成员再次坚定了其培养同理心、推动包容性，并激励年轻人成为积极社会变革倡导者的承诺。

Project Rejuven-Aid 2025: Restoring Homes, Transforming Lives 更新援助计划2025：重建家园，焕新生活



Project Rejuven-Aid was founded on a simple belief: every senior deserves to age with dignity in a safe and comfortable home.

In partnership with the Central Singapore CDC, 113 NYP student volunteers came together to refresh 53 homes of socially isolated seniors living in one-room rental flats across Jalan Besar, Teck Ghee, and Cheng San. Through decluttering, cleaning, repainting, and refurbishing living spaces, volunteers helped transform houses into homes.

Beyond the physical improvements, the project created opportunities for meaningful intergenerational connections. As students worked alongside the seniors, they listened to stories of resilience, gained valuable life lessons, and developed a deeper understanding of the challenges many elderly individuals face.

For many volunteers, Project Rejuven-Aid served as a powerful reminder that service is not only about giving—it is about listening, understanding, and valuing those we serve. Through these collective efforts, we seek not only to improve living conditions, but also to remind our seniors that they are remembered, respected, and cared for.

“更新援助计划”源于一个朴素的信念：每一位年长者都理应在一个安全、舒适的家中，有尊严地安享晚年。

在中央新加坡社区发展理事会（Central Singapore CDC）的协作下，113名南洋理工学院(NYP)学生志愿者齐聚一堂，为惹兰勿刹（Jalan Besar）、德义（Teck Ghee）和静山（Cheng San）地区一房式租赁组屋中的53户独居年长者家庭焕新居所。通过清理杂物、打扫清洁、重新粉刷和翻新生活空间，志愿者们帮助将这些住所变成了真正意义上的“家”。

除了居住环境的改善，该项目还为代际之间搭建了有意义的沟通桥梁。当学生们与年长者们并肩劳动时，他们也倾听了老人家讲述关于坚韧与毅力的故事，收获了宝贵的人生经验，并对许多老年家所面临的困境有了更深的理解。



对许多志愿者而言，“更新援助计划”是一个深刻的提醒：服务不仅仅是给予——它更关乎倾听、理解，以及珍视我们所服务的每一个人。通过这些共同努力，我们不仅希望改善年长者的生活条件，更希望让他们知道：他们没有被遗忘，他们被尊重，也被关爱着。

Leo Club of Singapore Enterprise

有关LCS Enterprise青少狮 (LEO)

We are pleased to welcome the newly established Leo Club of Singapore Enterprise, sponsored by the Lions Club of Singapore Enterprise, which officially received its charter on 21 May 2026.

Even before the charter was formally approved, the Club demonstrated strong enthusiasm and commitment towards leadership development. During the registration process, 10 prospective Leo members together with their Leo Advisor Lion Sally Seow participated in the District Leo Talk and Workshop held in March 2026.

Their active involvement reflects the Club's dedication to learning, service, and leadership. We look forward to witnessing the positive impact and contributions of the Leo Club of Singapore Enterprise in the years ahead.

我们欣然欢迎新成立的LCS Enterprise青少狮会 (LEO Club)，该会由LCS Enterprise赞助，并于2026年5月21日正式获得授证。

早在章程正式获批之前，该会就已展现出对领导力发展的强烈热忱与投入。在注册期间，10位准青少狮会会员及其青少狮会顾问Lion Sally Seow一同参加了于2026年3月举行的区青少狮讲座与工作坊。

他们的积极参与充分体现了该会对学习、服务与领导力的执着追求。我们期待LCS Enterprise青少狮会在未来岁月中带来积极的影响与贡献。

