



# We Serve with Love



District 308-A1 Singapore • 2021-2022 e-Newsletter Vol. 2 | The International Association Of Lions

Dear Lions,

I hope that you have enjoyed reading the 1st issue of the Bulletin.

Time flies and we have completed the 1st half of our Lionistic journey for 2021/2022. The Peace Poster Contest was completed on 15 November 2021. The District was able to complete the 2nd phase of the Plant A Million Trees initiative in December 2021 and many Lions are looking forward to the 3rd phase which will be held on 19 February 2022.

The Covid-19 pandemic may have curtailed the number and scale of projects and activities that we are able to hold, but it has not dampened the Lions spirit in reaching out to the community to help those in need and to fellowship with each other within the permitted rules and guidelines.

In the meantime, let us not be insular and looking only at ourselves. Let us not forget the plight of our neighbours as a result of the effects of climate change which has caused much displacement and destruction. Those with twin clubs may reach out to them to offer assistance.

Despite what lies ahead, may we look forward to 2022 with that hope and faith for a better year.

I wish all a Blessed 2022

**LESA GAN**

District Governor 2021-2022  
Lions Clubs International  
District 308-A1



# 2nd District Cabinet Meeting



6th Nov 2021







LIONS INTERNATIONAL  
PEACE POSTER CONTEST 2021 -2022

# PEACE

WE ARE ALL CONNECTED



15th Nov 2021 Presentation Of Peace Poster Winners



LIONS INTERNATIONAL  
PEACE POSTER CONTEST 2021 -2022

# PEACE

WE ARE ALL CONNECTED

**GUEST OF HONOUR:**  
District Governor Lesa Gan

**Organised by:**  
District Chairperson Ho Yu Xian  
Lions Club of Singapore Goodlink

**Special Guest:**  
PDG Gareth Goh  
MD 308 Peace Poster

**Judges:**  
Alicia Tan, Daniel Peh  
Ng Peng Sing, Steven Fang, Victor Ang

**Lions Clubs of Singapore, District 308-A1 Clubs Sponsorship:**

101 • 9inety 6ix • Admiralty • Alliances • Amber • Arcadia • Astrid • Aurora • Bedok • Bukit Timah • Changi • Chatsworth • Cheng Hua • Chong Pang • Clarke Quay • Compassvale • East • Esplanade Gold • Eunus • Fort Canning • Forest • Fullerton • Galaxy • Garden City • Goodlink • Gullin • Henderson • Host • Island • Ji Yang • Jurong • Kaizen • Katong • Khatib Mandarin • Ladyhill • Mandarin • Marine Parade • Meyer • Midpoint • Nanyang • Nanyang Grace • Nassim • Neeson • New Central • Orchard • Oriental • Oscar • Oxley • Paterson • Pearl's Hill • Seletar • Serangoon Gardens • Siglap • South • Tanah Merah • Vanda • West • Whampoa • Lawrence Sew & VS Kumar (Beverly Hills) • Lee Swee Ser (KatongVision) • Dianna Olivia Lim (Optimus) • Lai Feng Gin (Royal)

**Participating Schools:**

ACS Junior • APSN Chaoyang School • APSN Katong School • APSN Tanglin School • Blangah Rise Primary School • Bukit Panjang Government High School • Bukit Panjang Primary School • Canossian School • Cedar Primary School • Chongzheng Primary School • Da Zhong Primary School • Geylang Methodist Primary School • Geylang Methodist Secondary School • Hong Wen School • Hwa Chong Institution • Juying Secondary School • Pasir Ris Secondary School • Pei Tong Primary School • Singapore American School • The Little Arts Academy • Tree Art • Woodlands Primary School • Yew Tee Primary School





# Plant A Million Trees

30th October 2021—Telok Blangah Hill

11th December 2021— Woodlands Waterfront





# Cabinet Officers Year End Report Meeting

@ Goodwood Park Hotel

18th December 2021



# LIONS COMMUNITY SERVICE FOUNDATION (LCSF)

## VISION

To be the leading source of philanthropic giving for the conduct of charitable services in Singapore from funds raised by Lions Clubs.

## MISSION

To be the focal organization for fiscal resources generated by Lions fund-raising activities and to extend the scope of tax-exempt donations to Lions causes in Singapore beyond services to the lonely, sick and poor elderly.

## BACKGROUND

The Lions Community Service Foundation (LCSF) was formally registered as a Charity in Singapore in 2003 to succeed the then District Foundation to fulfill the above Vision & Mission Statements. It is also an approved Institution of Public Character (IPC) entitling it to receive tax exempt donations.

Through LCSF, Lions Clubs in Singapore are encouraged to be united in their fund raising efforts to support our community service programs with minimal public misunderstanding or confusion arising from individual Clubs and Lions programs competing amongst each other in fund raising.

Duly registered societies in District 308-A1 with a Lions Club Charter are members of LCSF. LCSF aims to build an Endowment Fund from donations raised by its member clubs from the public which income would fund Lions community service activities, including the Lions Home For The Elders (LHE) and Lions Befrienders Service Association (LBSA) the major programs underlying our services to the elderly. Lions services to the poor, sick and lonely elderly in Singapore has been the face of Lionism in our district and focus of our fund raising since the eighties.

However, taking care of senior citizens is now a national priority and with the government allocating massive resources to sustaining a high standard of health and social care for our aging population, Lions role in this sector would diminish substantially going forward. In furtherance of our international creed, where there is a need, there's a Lion, LCSF thus turn our focus and resources to other service sectors where Lions efforts would have greater impact.

LCSF now fund other Lions service projects such as the Lions Prosthesis Center and services to youth by providing tuition for underprivileged kids whose parents cannot afford the cost of private tuition.

Lions Clubs, non Lion VWOs, educational institutions of all levels as well as individuals in need of financial assistance may apply for grants from LCSF to support their projects or bursary fund in accordance with established guidelines for the disbursement of LCSF funds. All grant applications must meet the pre-requisite grant criteria for beneficiaries in line with our constitutional objectives. Grants from LCSF are approved by its Board of Directors, Trustees or members in general meetings depending on the amount of grant applied for.

**FINANCIAL STANDING**

To commemorate Singapore’s 50th Anniversary, the NCSS Care and Share program matched every dollar raised by LCSF from 1 December 2014 through 31 March 2016. As a result of members fundraising effort, the Care & Share matched fund received enabled LCSF to move to the next level of grant making with a base fund of \$3 million after complying with the charitable giving requirement of the Share & Care program.

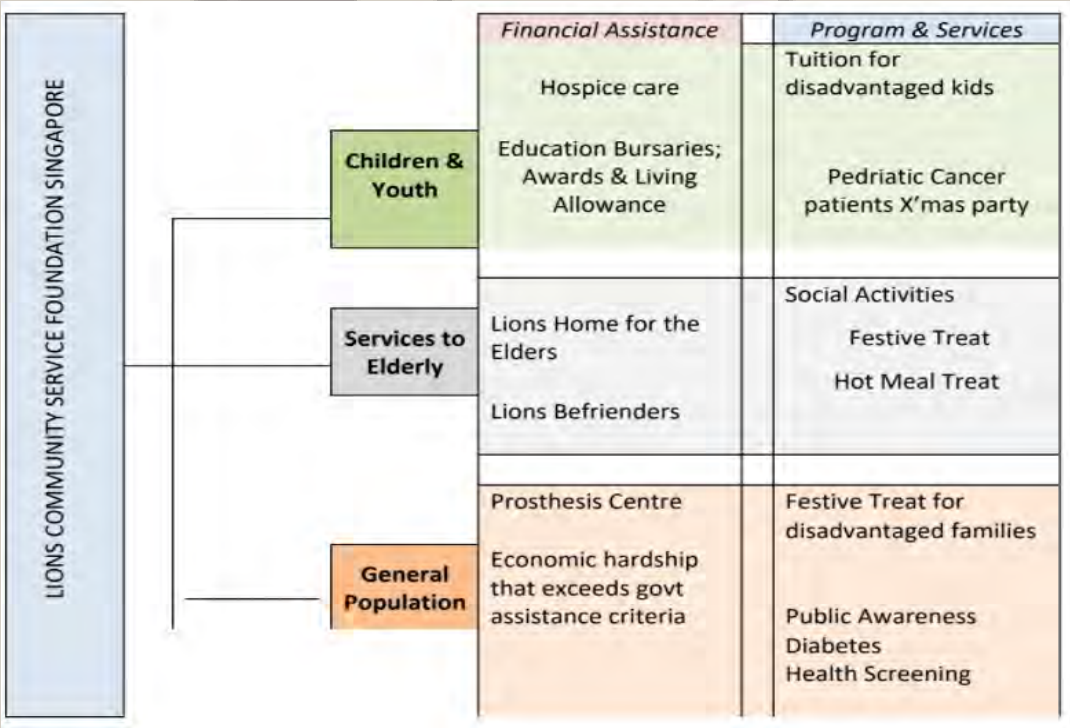
In 2019 the government launched its Bicentennial Fund to match fund raised by social service agencies to celebrate Singapore’s bicentennial year of its founding by Stamford Raffles. LCSF received the maximum matching fund of \$400,000 through our participation in this program.

This achievement over 17 years is remarkable considering that LCSF started with less than \$300,000 when it was registered as a charity in 2003. LCSF has been making grants of around a million dollars annually for the past few years. As a result LCSF must now comply with the corporate governance rules as a mid size Institution of Public Character.

With improved financial resources as well as better understanding as to what LCSF can do, many Lions Clubs are initiating projects aimed at making the community a better place for the disadvantaged, less fortunate sick and lonely, thus achieving an important objective of LCSF to unite clubs in community service.

With a firm financial base, LCSF purchased an office space in 2018 to house a permanent facility for its charitable operations as well as the District Secretariat besides being a convenient meeting venue for Lions Clubs. It is also an effective hedge against inflationary effect on LCSF financial assets.

**ACTIVITIES OF THE FOUNDATION PROGRAM STRUCTURE**





### **Financial Hardship Assistance**

**Students:** The LCSF administered Lions Education Fund was established by the District in 2008 as part of its 50 Years of Community Service celebrations, for the purpose of establishing scholarships, bursaries and other schemes to provide financial assistance to needy and deserving students. Lions Education Fund currently grants annual bursaries for school fees, textbooks, uniforms & stationery, food and transport allowance, book prizes, to schools and institutions at all levels of learning in Singapore, covering primary, secondary, junior colleges, ITE and other skill training colleges, polytechnics as well as universities.

**Families:** The Foundation also provides financial assistance to families made destitute due to the sudden death or illness of the main breadwinner or other economic hardship but whose family income does not meet the eligibility terms for government financial assistance. Similar criteria also apply to grants to assist the procurement of prosthetic limbs through the Lions Prosthesis Center.

### **Financial Assistance – Social needs**

**Residents of Welfare Homes:** Lions Clubs through their weekly fresh grocery collection distributes fresh vegetables and other grocery items donated by wet market stallholders supplemented by tax-exempt donations by club members and their well wishers.

**Poor and Lonely Elderlies:** During festive occasions Lions Clubs organize festive treats for elderly residents of welfare homes and lonely elderly participants at neighborhood senior activity centers. LCSF funds such large scale festive treat activities which are conducted during Chinese New Year, Christmas, Hari Raya, Deepavali, National Day at restaurants, as well as limited scale monthly or weekly social gatherings mainly over lunch at the regional senior citizens activity centers or even at the void decks where these elderlies who live by themselves meet regularly to socialise.

**Disadvantaged Youth:** For the younger disadvantaged and residents of managed homes for youth these festive treats usually take the form of outdoor activities and organised visits to places of interests eg zoo, Universal Studio rides.

These social activities for both elderly and youth had ceased due to the ongoing Covid-19 social gathering restrictions.

### **Financial Assistance – Enhancing capabilities**

LCSF receives appeal for financial support from other local non Lions charities. Its criteria for financial support is that our funding should be geared towards enhancing the capabilities of the charity appealing for grants. HCA Hospice is a very well established hospice in Singapore. They decided to extend their services to children diagnosed with life threatening illness and LCSF is funding the services of two social workers dedicated to serving the family care givers as well as to provide counseling and other services in the families' hour of need.

LCSF also assist "Kids Excel" service providers to raise funds to extend their tuition services in Mathematics and English to disadvantaged children aged 6 – 8 in several constituencies that they had not previously served due to lack of funds.



### **Public education /awareness programs**

**Dementia Source Book:** This publication by architectural students of NUS School was sponsored by LCSF and distributed to institutions involved in Dementia care and would be made available for public purchase at discounted prices to care givers involved in the design of dementia related premises.

**Annual Public Forum:** LCSF provide financial support for the organization of major events that promote sight conservation, preventable and reversible blindness, diabetes awareness and other health, wellness and environmental issues.

**Local Application of LCI Programs Lions Gift of Sight:** Lions in Singapore has ceased the collection of used spectacles from the community. However Lions Clubs continue to organise regular sight screening projects together with grassroots organisations in various constituencies for their residents as part of the general health awareness programs.

**Fight against Diabetes:** Diabetes is becoming prevalent in Singapore as a modern lifestyle illness and Lions International has adopted combating diabetes as its core service program. In Singapore there are major organisations providing dialysis facilities so the Lions contribution is focused on public education and the consequences of diabetes such as blindness and amputation of limbs, usually the legs. According to official statistics there are 4 amputations per day and the cost of prosthetic limbs that amputees may need to avoid being wheelchair bound can be prohibitive to the average income earner. Lions in our district decided to establish a Prosthesis Center to provide free or subsidized prosthetic limbs to deserving patients.

### **RECOGNITION**

Many Lions Clubs have raised funds for LCSF since it was registered as a charity and Institution of Public Character. It is hoped that more Lions Clubs will favorably consider to channel their fund raising efforts through LCSF tax-exempt donation privilege as well as to benefit from LCSF grants for their projects that promote and achieve the objectives of the Lions movement in Singapore.

In appreciation of the efforts to raise funds for LCSF charitable causes, an Award Scheme was established to recognize donors and fund raisers from the public, corporations, individuals as well as Lions and Lions Clubs that are presented annually at the LCSF Annual General Meeting.

LCSF Secretariat is located at Block 465 North Bridge Road #02-5051, Singapore 190465. All Lions are welcome to visit the office and our Website at [www.lcsf.org.sg](http://www.lcsf.org.sg)

PDG Eric Ng JP

# LIONS BEFRIENDERS (LB)

Over the past 25 years, Lions Befrienders (LB) has remained at the forefront of the eldercare sector in Singapore. The ongoing COVID-19 pandemic has not stymied LB's advances in progressive active ageing measures and techniques. We are pleased to share some of our recent achievements and initiatives:


## 1. Singapore's First Health District at Queenstown



Map of the Queenstown Health District. (Image: HDB, NUS, NUHS)

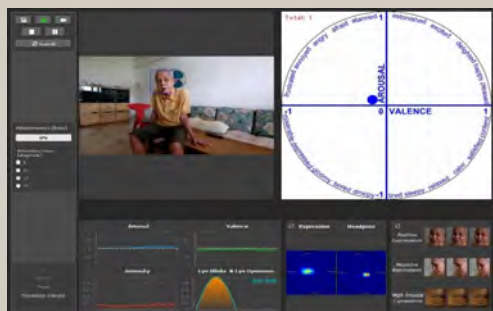
As part of the government's plan for Queenstown, Singapore's first satellite town to be the nation's first Health District, LB was chosen as a key partner to assist the constituency's senior residents in navigating the healthcare system. Health institutions such as the National University Hospital, Alexandra Hospital and Queenstown Polyclinic are part of this partnership. Other parties involved in this ground-up initiatives include government agencies (AIC, HPB, LTA, BCA and NLB), People's Association, grassroots and community leaders.

The Health District aims to facilitate an all-round program to support residents' well-being across their life stages, through tools such as preventive healthcare, better environmental design and community programs.

*Connecting Seniors,  
Enriching Lives* 



## 2. Temasek Foundation Facial Analysis Correlation of Emotions (F.A.C.E.) Programme



LB is the first social service agency to identify the possibility of leveraging Artificial Intelligence (AI) to enhance the mental wellbeing of seniors. Together with Temasek Foundation, LB piloted the Temasek Foundation Facial Analysis Correlation of Emotions (F.A.C.E.) program which uses AI to map positive and negative emotions of seniors in real-time. This enables LB staff to organise care planning based on the information provided. This program is deployed for community screening, one to one and group sessions.

## 3. Safe Pod@Queenstown – Supporting residents’ mental health



Recognising the importance of early detection of mental health issues among the residents, Adviser Eric Chua, MP for Queenstown constituency mooted the idea of setting up counselling sites in the precinct. LB was appointed the lead and helped to develop the idea further. The new Safe Pod@Queenstown initiative was implemented with the support of community partners. It currently involves a roving van equipped with an onboard AI tool that is programmed with the Temasek Foundation F.A.C.E software. There are also counselling sessions in Safe Pod rooms at the Queenstown Mei Ling Residential Committee Centre.

Wellness volunteers trained by LB in mental health befriending and a counsellor will man the van. They are able to identify persons with emotional or mental health issues, connect and support them. Those who are detected with signs of mental health distress will be referred for intervention and specialized care, if necessary. Future plans will include providing online counselling service as well as via phone.

#### 4. i-OK@LB - Anchoring Care with Technology



LB partnered with WeesWares to develop i-OK@LB for seniors to self-account their well-being to our staff, volunteers or caregivers. i-OK@LB devices are installed in seniors' homes to enable seniors to self-report their well-being to the LB team who can activate prompt assistance during an emergency or when a senior is not contactable. This helps to provide assurance to seniors living alone and foster greater independence among them. Importantly, it is crucial in preventing crises and undetected deaths.

#### 5. 9<sup>th</sup> Asia Pacific Eldercare Innovation Awards 2021

LB is one of the finalists in two categories of this year's Asia Pacific Eldercare Innovation Awards (APEIA). The first category is 'Innovation of the Year – Social Engagement Program for befriending services through tele-health and tele-befriending while the second is 'Innovation of the Year – Ageing-in-Place Model' for the Lions Befrienders Holistic Wellness Model. The APEIA is held annually to recognise organisations in the region for their innovative and quality approaches to change the way seniors age, and to acknowledge their contributions to shape the future of the ageing landscape. It is the World's largest ageing event attracting 5,400 online and on-site participants from 48 countries.

#### 6. Volunteerism at LB – Opportunities to impact lives

Having read of LB's successes, this brings me to the next part of my message. I would like for all of you to share in LB's success by volunteering with us. LB's future is bright but we need more people with the same passion as us. With more volunteers, we can bolster our efforts to ensure that every senior is safe, active, happy and healthy.

Do get in touch with our Volunteer Department by logging on to our website at <https://www.lionsbefrienders.org.sg/volunteer-programmes>. or email our staff, Khoo Yu at [volunteer@lb.org.sg](mailto:volunteer@lb.org.sg). Do share this with others and we hope to see more of you and volunteers at LB's events in the future!

PDG Anthony Tay PPA BBM

Chairman

Lions Befrienders Service Association

For internal reference only:

Links for fact-checking:

<https://worldageingfestival2021.heysummit.com/9th-asia-pacific-eldercare-innovation-awards/>

<https://www.channelnewsasia.com/singapore/queenstown-new-health-district-residents-ageing-health-2256282>

<https://www.nuhs.edu.sg/sites/nuhs/NUHS%20Assets/News%20Documents/NUHS%20Corp/Media%20Releases/2021/>



# LIONS HOME FOR THE ELDERLY (LHE)

## INTRODUCTION

Lions Home for the Elders (LHE) is now into its 41<sup>st</sup> year since its First Community Service Home started in 1980 at a void deck in Ang Mo Kio. Proud as you may say, it's the Home started by Lions Members for the poor, destitute and seniors.

Lions Home today operates two (2) fully equipped well designed Nursing Home with 384 residents with a team of clinical and care staff, handling admin, finance, operations, and social welfare functions. We have also engaged doctors and allied health professionals such as physiotherapists, occupational and speech therapists to complete our nursing home services. Hence LHE is now well positioned in the domain of the elderly with a holistic approach. A dementia management and engaging families in the care plan taking into consideration the family dynamics.

## VOLUNTEERING OPPORTUNITIES

At Lions Home, we remain unwavering in our cause to bring a higher standard of care to our residents, thinking ahead as we adjust to the new normal and navigating the uncertainties together. Inevitably, the pandemic had raised numerous challenges for Lions Home's key volunteering activities as well. By leveraging on virtual meeting platforms, interactions and activities guided by volunteers such as screening of pre-recorded videos and e-Volunteering sessions could continue. Despite the pandemic we continued to have regular befriending and engagements with educational institutions and corporate partners.

To understand more on our volunteering opportunities, visit <http://lionshome.org.sg/make-an-impact/volunteer>

In our effort to create increased support and service to our communities, Lions and Lions Clubs have given their inclusive development through project services and assistance.

## FUNDRAISING

Fund raising activities and new development has turned into more digitalization like never before. Everything is desk bound.

In the area of fundraising, we have acclimatized to the new norm and are endeavoring to do more in our fundraising efforts by pivoting to digital giving campaigns. This allows our community of donors and supporters to continue supporting our programmes and services through a digital giving platform.

Our latest fundraising campaign – LIGHT UP A SMILE, a project, which aims to raise funds so we can continue to engage our residents through wellness programmes for them to lead active, health and meaning lives. With the ongoing pandemic situation in Singapore and globally, it has become increasingly important to ensure that the mental and physical wellbeing of our residents are well looked-after. The social and recreational activities organized can range from art and craft to gardening. Zumba exercises to group activities like festive celebrations to keep them connected with one another.

For our residents to remain active with a sense of purpose and fulfilment, we need to constantly appeal for funds. No amount is too for the Resident's to receive in this fundraising campaign. The funds raised will be meaningfully for various wellness and social enriching activities and programmes that promotes positive mind and physical health.

To visit our website - <https://lionshome.org.sg/make-an-impact/fundraising>.

### On Charity Dollar Breakdown

Every dollar (\$1.00) Lions Home received fiscal year 2019/20, \$0.94 went directly to



#### i) Residents' Expenses

- Care Staff & Medical Doctors
- Prescribed Standard Medication
- Physiotherapy, Occupational and Recreational Therapy
- Medical Consumables
- Nutritional Prescribed Milk Feeds
- Activities & Programmes
- Meals (served 6 times a day)

#### ii) Maintenance and Other Related Staff Cost.

## OUR SERVICES

**24-Hour Nursing and Clinical Care** with dedicated team of experienced nursing and care staff, together with our services of general practitioners for medical consultation, geriatricians, and psycho-geriatrician for their expertise in managing residents' mental well-being.

**Dementia Management and Care** – the specific ward is designed to accommodate people with various stages of dementia. Our team specially trained allied health professional and care staff develop a continuum of programmes on the emphasis of acknowledgement of residents' different and specific needs.

**Assisted Living Unit (ALU)** – is built to bridge the care services between community-based living and living in a more controlled and restrictive environment of a nursing home. It also provides the residents with dignity and quality of life.



**Senior Care Centre** – This centre is an integrated facility providing dementia day care, maintenance day care and social activities, rehabilitation, and centre-based nursing. Rehabilitation programmes are designed to enhance client's physical mobility, and social activities involve residents in the community to maximum interaction.

**Scheduled Respite Care** – A short term care service ideal for families who need temporary nursing care and lodging for their loved ones.

**End of Life Care** – provides our residents comfort and specialized care.

**Rehabilitation Services** -The physiotherapists and occupational therapists design individualized rehabilitation programmes in line with our clinical care plan for each resident, and that would include a combination of therapies, including the Speech Language Therapy, aimed at improving the quality of life, for residents with functional impairment, chronic diseases, and dementia. The tailored programmes help residents cope with their disability, provide support and comfort. Some of these therapies include interactive activities like Ball Game, Bingo, IT Intervention (Jintronic) IT Intervention and tablets, PARO Therapy and Tai Chi Classes.

**Social Work and Advocacy** – The Public and Social Welfare Department offers financial counselling and assistance to residents' families to cope on their individual financial difficulties and work with the families on their specific needs to ensure the best possible placement of residential care.

**Staff Training and Education** – Lions Home advocacy is ongoing training, upgrading of skills to ensure that all staff are kept with up to date with clinical advancements and development. The Home has established itself as a teaching nursing home to raise the profile and improve the image of nursing profession. Certified by Institute of Technical Education (ITE) as an approved On-The-Job Training Centre (OJT Centre), where we offer clinical staff with professional education, OJT training and clinical research to improve knowledge and evidence-based practice.

Affiliated to National Council of Social Service



PCC Henre Tan WH, PBM

Chairman, Lions Home For the Elders



## **Lions International Stamps Club, Chapter 12**

The contributions of LISC Chapter 12 (Singapore) to our LIONS Movement, both domestic and international, has not abated since its inception in 2007.

In Singapore, our Chapter's long-term initiative and activity with one of the LBS' Senior Activity Centre, involved active participation of the residents in monthly gatherings to cut, prepare used stamps from envelopes, sort them by thematic compositions, and finally packaging them for sale, with the revenue thereof obtained for charity.

But it is in the international arena, that Chapter 12 has excelled tremendously, contributing continuously to the enhancement of the Lions International Stamp Club's Objectives worldwide, and in particular, in the OSEAL and ISAAME Areas. Here, Chapter 12, is recognised through their members' roles and offices as Past International Presidents of the Lions International Stamp Club, with an Incoming IP in 2023. These officers are elected annually at the LISC AGMs at LCI Conventions, and are endorsed by the various LISC Chapters / countries worldwide.

Chapter 12 is proud to acknowledge the Contributions of our own LISC Leaders.

PDG Isabel Cheong was the 2nd Woman LISC IP President, and the 1st Woman LISC IP in Asia, when she assumed this role in 2013 at LCI's Hamburg Convention. In her quest to expand Chapter 12's connectivity with other International members, she led a pre-Hamburg Convention overland excursion with Dutch members, visiting Belgium and German Chapters. The fellowship and support along the way was a great experience, memorable in all aspects. It awakened the awareness of Singapore and OSEAL amongst the European members, and of the potential to expand LISC's membership in our Constitutional Area





**Chapter 12 Pre- Convention tour to Netherlands in 2013**

It was at the 41st ISAMME FORUM in Kathmandu, Nepal during PDG Isabel's presidency that LISC's membership increased. Accompanied by Lion Dianna Olivia Lim (Chapter 12), her husband and I, we were able to register and reinstate 38 Indian and Bangladeshi members, founded Chapter 18 (Nigeria) with 22 members, and planted membership roots with Algeria, DR Congo, Chad, Malawi and Maldives. To follow up with the new members, she attended the 42nd ISAMME Forum in Mauritius in 2015.

With Dianna Olivia Lim, PDG Isabel also visited Guangzhou, that saw the founding of Chapter 17 and 19 in the PRC in May 2014. This was with the approval of the China Council of Lions Clubs.

In the area of Administration, she initiated a review and implemented an update of the LISC Constitution & By-laws, and LISC Policy Manual, which led to recent final fine-tuning to ensure relevance. She also assisted in the LCI Centennial Committee on the designing of LCI's Centennial Stamps for postal authorities to adopt when approached by local Chapters





Isabel Cheong Installation in 2013



Dianna Lim Installation in 2018

Dianna Olivia Lim became the next LISC International President in 2018 in Las Vegas, the 3rd woman, and Chapter 12's second, in the International Presidency. Her immense contributions were not only in local membership increase and local Chapter 12 projects with Lions Clubs, but with her visitations as a LISC leader to all the 5 Constitutional Areas to promote our activities in the OSEAL area at her own expense. She has one of the largest LION Stamp collections, and through her generosity, held many Stamp-related Auctions with the PRC Chapters, Philippines, etc, with the proceeds going to the respective Chapters' charities. Nearly 50% of LISC's International Stamp and New Issue Service sales, are through her efforts.

Because of her linguistic abilities, she was in LCI's Reception Committees at International Conventions, that help in the promotion of LISC as one of the official Activities of LCI. On those occasions that other Chapter 12 members were not in attendance, she single-handedly managed Chapter 12's Booth at International Conventions. Such is her commitment.

The formation of the PRC Chapters, initiated by Dianna that saw a 200 strong membership increase, was followed by her founding of Chapter 21 (Hong Kong / Macau) and Chapter 22 (Taiwan) in 2015. During her Presidency, she also founded Chapter 23 (Philippines), an event that many Chapter 12 members participated in and attended in Manila. Till today, Dianna remains committed, with attendance at every International Convention and OSEAL Forum, the last two via Zoom.

And for the future of Chapter 12 and LISC, our founding chapter member, Leow Chua Mong will be our International LISC President in 2023 at the LCI Boston Convention. Leow is our "technical stamp-related specialist" when it comes to philatelic matters, and in the ever important aspects of organising , preparing, liaising with relevant SingPost & IDA Authorities on the issuance of National and Private Stamp issues that highlight our LIONS presence in Singapore. This resulted with the issuance of the LCI Centennial Stamp as a National Stamp in Singapore.



**Stamp Sheets**



**FDC Issues**



**National Centennial Issue**

Chua Mong was LISC International Director for 2016/8, and with his spouse, also a Past International LISC Director Patricia Kong, actively contributed towards the founding of Chapter 16 (Malaysia and Brunei), and the Philippines Chapter. He has attended ten LISC AGMs at LCI Conventions, and is very familiar with the International LISC activities and key members.

His agenda for his Presidency in 2023 will be to improve communication between and amongst the LISC Board / Chapters, increase membership, found new International Chapters, strengthen current Chapters, and improve Board's protocols, procedures and governance.

Many of our current members have served as LISC's International Directors. Many more will do so, and become International Presidents of LISC. LISC is not about LIONS stamp-collecting alone in this IT age. It is a FELLOWSHIP Activity that welcomes ONE and ALL.

PCC Anthony Cheong  
Founding Chapter Member



# STIRRING & STIRRERS – THOUGHTS OF A COFFEE DRINKER

## NOSTAGLIA

I fondly remember the Sunday breakfasts with my dad. He would bring us as a family when my brother and I were young to the many coffee shops mainly in the East. We partook and enjoyed our mee-pok, porridge, prata, nasi lemak and various hawker fare. There were not many trendy cafes to patronize then.

My mum was a slow eater. So, after the men (my dad, my brother and I) gobbled our food, I would just sit back and look at the other customers enjoying their breakfast.

What fascinated me were the coffee drinkers and the way they drank their coffee. The coffee – be it kopi-o or kopi -guni, – would come in a small cup with a saucer holding the cup and a spoon. It would come piping hot.

Some would pour the hot coffee in the saucer and drink from it, making the occasional slurping noise. Most of them would simply place the spoon in the cup and stir the coffee – to dissolve the sugar or thin the condensed milk and cool the hot coffee.

There are different techniques used in stirring the coffee – you can stir the coffee clockwise, you can do so anti-clockwise, you can move the spoon up down and down up or left to right and right to left or making criss-cross motions in the cup. Of course, you do this with your spoon.

Whatever way the stirring is done, the coffee drinker achieves the basic purpose of his action which is to enhance the coffee experience.

## THE PRESENT

While we still do find people at coffee shops drinking coffee in this manner, the numbers have decreased. We are still passionate about drinking coffee looking at the number of coffee breweries and cafes sprouting up in Singapore. The coffee at such places is more expensive and branded.

Times have changed in the way we enjoy our coffee. We do not stir the coffee incessantly or drink from the saucer which seemed less sophisticated. Coffee is now served in a nice cup or in a distinctive coffee holder with a plastic spoon or stirrer most of the times.

However, the stirring of the coffee remains.

## FELLOWSHIP AND COFFEE

Many of us love to drink coffee. This is part of fellowship that we enjoy. We call our friends or colleagues and say let’s have coffee.

This takes place everywhere – at hawker centres, coffee shops, cafes, hotels – from the humblest setting to the more exclusive joints.

It also happens anytime – coffee in the morning, mid-afternoon or supper time. Except for those that find that the caffeine inhibits sleep, coffee can be drunk anytime and anywhere.

Having a cup of coffee is fun and easy because:

- Casual – There is no formality in inviting or being invited. There is no dress code to observe.
- Impromptu – There is no requirement that this is part of a ceremonial ritual. It is spontaneous. No elaborate planning is needed.
- Inexpensive – You do not to spend much unlike dinner at a high-end restaurant.
- Intoxication – There is no likelihood of you being drunk and run the risk of being caught for drink driving – just make sure you avoid Irish coffee.

**HEALTHY CONVERSATION OVER COFFEE?**

The conversation over coffee is usually informal in nature. It is more a chit chat when we talk shop. We may talk about family, current affairs or anything under the sun.

However, a danger lurks that this coffee fellowship may go beyond the innocuous gathering. Under the guise of this seemingly harmless activity, belies a peripheral activity that is both harmful and insidious.

We are talking about stirring not the coffee but a non-coffee stirring activity.

This entails the following:

- We gossip
- We bad mouth
- We instigate
- We spread untruths
- We plot
- We criticize

The simple coffee drinking experience turns out to have sinister undertones.

It is fellowship with ill-intent and fosters like-minded people to congregate. It influences those who are not as strong-willed or discerning to adopt a similar mindset.

**WHAT CAN WE DO?**

Are we able to prevent such gatherings? Obviously, we cannot.

What we can do is to consciously not participate in such conversations. We stay clear. If we are in the midst of such a conversation, we should try to steer the parties away from such subjects.

The best step is avoidance. Do not engage them, do not respond and do not support them. It is like show business - if actors do not have an audience, they will not flourish.

**CONCLUSION**

These are my personal musings on a purely hypothetical basis. Or am I reading too much into coffee drinking and the fellowship. Is my concern about stirring merely a storm in a teacup?

Anyway, my cup is empty and it is time to order another cup of coffee. This time I will take kopi kosong – no milk and no sugar. Then I need not stir the coffee.

## The GAVEL

Knock! Knock! Knock! Have you ever wondered why do we call a Lions Meeting to order by knocking the Gavel? Why not ring a bell? Why not raise our voice to say, "Fellow Lions, it is time for us to begin our meeting"?

Have you ever wondered WHY? WHY do we look so highly upon the Gavel? Don't you agree that it is just a piece of wood? Yes, a piece of wood but the correct answer is - the GAVEL is a symbol of authority! But how does a wooden hammer command so much respect from us? Let us turn back our clock to see how this comes about.

The gavel derives its name from its shape which looks like the triangular part of the wall at the end of the ridged roof. It was actually an iron axe resembling a hammer with a pointed end for cutting. The gavel is not only one of the oldest working tools used by the stonemasons to break or trim the stones but also a fearful weapon. According to the Scandinavian mythology, it had never failed Thor, their principal god, when he used it to destroy his enemies.

The gavel serves to remind all stonemasons, regardless of their rank, that they must use it conscientiously as it reflects a person's character, creativity and skill in his work. It represents a force of conscience. When used in its true form, the gavel is so formidable that it can transform ordinary rocks and stones into valued objects. It is indeed a testimony of our will power to subdue our passion to achieve excellence.

The gavel symbolizes executive power as THIS is the instrument which strikes blows or it can be thought of as a symbol of authority without the use of force. The gavel is an emblem of authority, which upon being tendered with the gavel; a person is bestowed with the essential elements of authority to preserve order of an organization.

In the yesterdays, the gavel was generally adopted by Masonic bodies and many other groups as a means to call meetings to order, keep order, announce results, as well as to punctuate the actions of a group to get their attention. It was also used in rent collection proceedings to control the disputing parties when they got unruly.

Today, the gavel is used in court by the judge to call the court to order, adjourn the court or to preside a verdict. It is also used in parliamentary proceedings, auctions, meetings, speech contests and .... the list goes on.

Dear Fellow Lion, I hope this short compilation provides you with a better understanding on the little piece of wood - **THE GAVEL!**

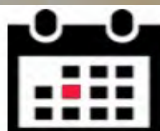
*by DC Bulletin Lion Kang Oyo*



# *Congratulation to Newly Charter Clubs*



## **Lions Club of Singapore Elite** **Lions Club of Singapore Vanguard**




### **Upcoming Project**



District 308-A1



### **PLANT A MILLION TREES**

**SAVE THE** 

**Date: 19th February 2022**

**Venue: Hampstead Wetland**

**Contact Person: DC Seet Kok Heng**

~~Oct/Dec~~/Feb

**\$300 per Club \* 2.5 Tax Exempt**

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Lions Clubs of Singapore District 308-A1

c/o Lions Home For The Elders

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