

SERVE WITH

# Passion



A Newsletter by Lions Clubs of Singapore, District 309 > Issue 2 • Mar 2026

## Message from District Governor Chia Lai Soon

### 区总监寄语



Dear Fellow Lions,

Warm greetings to you all.

As we move steadily forward in this Lions year, I am truly encouraged by the unity, dedication and passion displayed by our Clubs across District 309. This second issue of our District e-Bulletin is a reflection of the collective efforts of our Lions who continue to serve our communities with heart and purpose.

One highlight worth special mention is the successful combination of Lions Service Day and Lions SaveSight Day on 5 October. This meaningful collaboration created a strong impact within our community and clearly showcased the strength, visibility and relevance of the Lions movement in our District. It was heartening to see Lions coming together in service, demonstrating what we can achieve when we unite our efforts for a common cause.

Throughout the past months, many Clubs have also initiated and carried out impactful service projects spanning wellness, community care, support for the less privileged, and collaborative District efforts. Every project, regardless of scale, reflects our commitment to serving humanity and living out the spirit of Lionism.

In December 2025, our District was further honoured to host Lions Clubs International President AP Singh and PID Sangeeta. Their visit was both a privilege and a proud moment for District 309, and it served as recognition of the strong foundation and active service culture we have built together.

Equally important is the camaraderie and fellowship among our Lions. Through mutual respect, teamwork and open communication, we continue to strengthen our Clubs and enhance our collective impact. Let us also continue to welcome new members, nurture future leaders and explore innovative ways to serve in an ever-changing environment.

I would like to express my heartfelt appreciation to all Club leaders, project chairpersons, committee members and volunteers for your unwavering dedication and support. Your commitment truly embodies our District theme.

Let us move forward together, united in purpose, and continue to Serve with Passion.

Yours in Lionism,  
Lion Chia Lai Soon  
District Governor  
Lions Clubs International  
District 309

亲爱的狮友们：

大家好！

随着本狮子会年度稳步推进，我深深感受到309区各分会所展现的凝聚力、热忱与无私奉献精神。第二期电子通讯正是我们共同努力的写照，展现了狮友们以行动服务社会、关怀社区的坚定承诺。

在此，我要特别提到2025年10月5日成功结合举办的“狮子服务日（Lions Service Day）”与“狮子护眼日（SaveSight Day）”。这项联合服务活动在社区中产生了深远的影响，不仅提升了服务成效，也充分展现了狮子会在本区的强大动员力与社会影响力，彰显了狮子会运动的精神与价值。

过去数月，各分会积极推动多元且具意义的服务项目，涵盖身心健康、社区关怀、弱势群体援助及跨分会合作。无论规模大小，每一项服务都体现了狮友们“以人为本、服务为先”的初心。

2025年12月，我们区更有幸接待了国际狮子会总会长IP A.P. Singh及前国际理事PID Sangeeta Jatia。他们的到访对309区而言，既是一份殊荣，也是一个引以为傲的时刻；这不仅是对我们共同奠定的坚实基础的认可，更是对我们所建立的活跃服务文化的肯定。

与此同时，狮友之间的情谊与合作精神同样是我们持续前进的重要力量。透过彼此支持、有效沟通与团队协作，我们的分会更加稳健，服务也更加深远。让我们继续欢迎新会员、培育新领导，并以创新思维回应不断变化的社区需求。

在此，我谨向所有分会领导、活动主席、委员会成员及默默付出的义工们致以最诚挚的感谢。你们的付出与坚持，正是本区主题的最佳诠释。

让我们继续携手同行，同心同德，以热心服务（Serve with Passion），为社会带来更多正面的改变。

狮谊长存，  
狮友 谢来樛  
区总监  
国际狮子会309区

# International President A.P. Singh & PID Sangeeta Official Visit

12–14 December 2025

## 国际总会长A.P. 辛格官方访问纪实

2025年12月12日至14日

By District Governor Lion Chia Lai Soon



District 309 was honoured to host the official visit of Lions Clubs International President, IP A.P. Singh, accompanied by Past International Director PID Sangeeta Jatia, from 12 to 14 December 2025. International Director Dato' Yeow arrived a day earlier to warmly welcome the arrival of the International President and PID Sangeeta.

### 12 December 2025

Upon arrival, the delegation visited the Ang Mo Kio Market Project, a meaningful service initiative jointly carried out by a group of 10 Lions Clubs. This ongoing project operates every Friday, distributing food to 14 charity organisations, reflecting the strong spirit of collaboration and sustained service within our District.

Following the market visit, the International President was hosted at the Lions Befrienders Clementi Active Ageing Centre (AAC). He received a warm and joyful welcome from the seniors, who performed ball drums in his honour. The visit also included an introduction to the services provided by Lions Befrienders, highlighting our commitment to active ageing and community care.

After the official visits, the delegation proceeded to Marina Bay Sands for a high tea session before returning the International President to the hotel for rest.

第309区非常荣幸地于2025年12月12日至14日接待了国际狮子会总会长IP A.P. 辛格偕同前国际理事PID Sangeeta Jatia的正式访问。国际理事Dato' Yeow也提前一天抵达，一起热烈欢迎国际总会长以及前国际理事PID Sangeeta的莅临。

### 2025年12月12日

抵达后，代表团参观了宏茂桥菜市场项目，这是由10个狮子会分会共同开展的一项富有意义的服务计划。这项持续运作的项目每周五进行，向14个慈善组织分发蔬果食物，充分体现了本区强烈的协作精神与持续服务的承诺。

结束参观菜市场后，国际总会长受邀访问狮子乐龄之友（LB）金文泰活跃乐龄中心（Clementi AAC）。该中心的年长者以热情欢乐的仪式迎接国际总会长，并献上球鼓表演。参访期间，代表们还了解了狮子乐龄之友(LB)提供的各项服务，彰显我们对促进活跃乐龄与社区关怀的承诺。

行程结束后，一行人前往滨海湾金沙（MBS）为他们准备的下午茶叙，随后送国际总会长返回酒店休息。



### 13 December 2025

In the morning, Lions gathered for an official visit to the Lions Home. The International President was taken through the various floors and introduced to the different profiles of residents under our care. The visit showcased how Lions Home combines compassionate care with technology to create a humane and supportive living environment for seniors.

In the evening, the International President's Banquet Dinner and Dialogue Session was held at Goodwood Park Hotel. The evening was both memorable and meaningful, with the induction of 51 new Lions members, reinforcing the continued growth and strength of our District.

The dialogue session provided an invaluable opportunity for members to engage directly with the International President, gaining insights, inspiration, and a deeper understanding of Lionism at the global level.

During the banquet, outstanding Lions were recognised with prestigious awards, including:

- International President's Bannerette
- International President's Certificates
- International Leadership Medals
- International Presidential Medals

The three-day visit was a resounding success, strengthening fellowship, celebrating service, and inspiring Lions of District 309 to continue serving with passion.

### 2025年12月13日

上午，狮友们齐聚一堂，对狮子乐龄之家（LHE）进行访问。国际总会长逐层参观，了解院内不同背景年长者的照护情况。此次参访展示了狮子乐龄之家（LHE）如何将关爱与科技相结合，为年长者打造人性化且宜居的生活环境。

当晚，特别设筵欢迎国际总会长及对话会在良木园酒店（Goodwood Park Hotel）隆重举行。51名新狮友的入会仪式也在当晚由国际总会长亲自主持引进，令这个夜晚格外难忘且意义深远，彰显本区持续的发展壮大。

对话会环节为会员提供了与国际总会长直接交流的宝贵机会，大家从中获得启发，并对狮子会精神在全球层面的实践有了更深入的理解。

宴会上，表现卓越的狮友获颁特殊荣誉奖项，包括：

- 国际总会长锦旗
- 国际总会长奖持
- 国际领导力奖章
- 国际总会长奖章

为期三天的访问圆满成功，不仅加深了友谊，颂扬了服务精神，更激励了第309区的狮友们继续以热忱投入服务。

# Second Cabinet Officers Fellowship Dinner, 11 December 2025

## 第二届内阁成员联谊晚宴，2025年12月11日



The Second Cabinet Officers Fellowship Dinner was held on 11 December 2025 in a warm and convivial atmosphere at the Singapore Swimming Club, bringing together cabinet officers for an evening of fellowship and meaningful exchange.

We were honoured by the presence of International Director Dato' Yeow, accompanied by his lady, who graciously joined us for the evening. Their presence added great value to the gathering and made the occasion even more special.

The dinner provided a valuable platform for open sharing and interaction. Cabinet officers had the opportunity to engage in fruitful conversations with International Director Dato' Yeow, gaining insights from his experience and perspectives on leadership, service, and Lionism at the international level.

The evening strengthened camaraderie among Cabinet officers and reinforced our shared commitment to serve with unity and purpose. It was indeed a meaningful and enriching fellowship night for all who attended.

第二届内阁成员联谊晚宴于2025年12月11日在新加坡游泳俱乐部 (Singapore Swimming Club) 温馨而欢乐的气氛中举行，内阁成员们齐聚一堂，共叙情谊，进行有意义的交流。

我们很荣幸邀请到国际理事Dato' Yeow及其夫人莅临晚会，他们的出席为晚宴增添了不少光彩，并使当晚的盛会更具意义。

此次晚宴为开放分享与互动交流提供了宝贵的平台。内阁成员们有机会与国际理事 Dato' Yeow 进行富有成果的对话，从他的经验以及关于领导力、服务和国际狮子会运作的见解中获益良多。

当晚的活动加强了内阁成员之间的情谊，也进一步坚定了我们团结一心、目标一致服务的共同承诺。对于所有出席者而言，这确实是一个有意义且充实的联谊之夜。

# Winners of the International Leadership Medal and the International Presidential Medal for 2025/2026

## 2025/2026年度国际领导力奖与国际总会长奖获奖者名单

By District Governor Lion Chia Lai Soon



### International Leadership Medal Winners

### 国际领导力奖获奖者



#### 1. DC Ho Yu Xian

DC Ho Yu Xian is awarded the International Leadership Medal for her outstanding leadership during Lions Service Day. She spearheaded the Mooncake Making Project, mobilising teams effectively and achieving a record-breaking outcome that was officially recognised by the Singapore Book of Records.

#### 1. 区委主席DC Ho Yu Xian

DC Ho Yu Xian 区委主席因在“国际狮子会服务日”期间展现卓越领导力而获颁国际领导力奖。她主导开展了月饼制作项目，高效动员团队协作，最终创下获新加坡纪录大全官方认证的突破性成果。



#### 2. DC Cai Xiao Feng

DC Cai Xiao Feng is recognised for her exemplary leadership during Lions Service Day. When challenged to organise environmental projects at 10 locations, she rose to the occasion by rallying multiple Clubs to execute simultaneous projects across all 10 sites, strongly advancing the Mission 1.5 spirit through action.

#### 2. 区委主席DC Cai Xiao Feng

DC Cai Xiao Feng 区委主席在“国际狮子会服务日”中表现突出，其出色领导力获此殊荣。面对需要在10个地点同时组织环保项目的挑战，她成功号召多个分会协同行动，在所有场地同步开展服务，以实际行动有力推动了“使命1.5”精神。



#### 3. ZC Zheng Shu Yun

ZC Zheng Shu Yun is awarded the International Leadership Medal for her exceptional commitment to membership growth, having personally sponsored 50 new members, significantly contributing to Mission 1.5 and strengthening our Lions family.

#### 3. 分区主席ZC Zheng Shu Yun

ZC Zheng Shu Yun 分区主席因对会员发展的杰出贡献获颁国际领导奖。她个人成功介绍50名新会员加入，为“使命1.5”目标作出重大贡献，进一步壮大了狮子会大家庭。



#### 4. DC Janice Huang

DC Janice Huang is recognised for her remarkable dedication to membership development. By sponsoring 50 new members, she demonstrated strong leadership and unwavering support for Mission 1.5, leaving a lasting impact on our District.

#### 4. 区委主席DC Janice Huang

DC Janice Huang 区委主席因在会员发展方面的卓越奉献获此殊荣。通过吸纳50名新会员，她展现了强大的领导力及对“使命1.5”的坚定支持，为本区留下深远影响。



### 5. President Imelda Tay of LCS East

President Imelda Tay is honoured for achieving a record-breaking milestone in LCIF giving. Through her leadership, her Club alone contributed 30 Melvin Jones Fellowships, setting a new District record and exemplifying the true spirit of Lions generosity and service.

### 5. LCS East分会会长Imelda Tay

Imelda Tay会长因在LCIF（国际狮子会基金会）捐赠中取得里程碑式突破而获表彰。在她的领导下，其所属分会独立贡献30个茂文钟伙伴奖（Melvin Jones Fellowship Award）名额，创下本区新纪录，充分体现了狮子会慷慨与服务的精神。



## International Presidential Medal Winners

## 国际总会长奖获奖者



### 1. PDG Eric Ng

PDG Eric Ng is awarded the International Presidential Medal upon the recommendation of ID Dato Yeow, in recognition of his many years of dedicated service, particularly his invaluable contributions to MD308 in the area of Constitution and By-Laws, providing guidance and stability to the organisation.

### 1. 前区总监PDG Eric Ng

PDG Eric Ng由国际理事ID Dato Yeow推荐，获颁国际总会长奖，以表彰其多年来的热忱服务，特别是在宪章与规章制度（Constitution and By-Laws）领域为MD 308复合区提供的宝贵贡献，为组织提供指导并维护其稳定性。



### 2. LCIF Coordinator Cindy Tan

LCIF Coordinator Cindy Tan is honoured with the International Presidential Medal for her outstanding achievement in LCIF fundraising. By securing 138 Melvin Jones Fellowships within half a term of office, she delivered exceptional results and set a high benchmark for excellence.

### 2. LCIF协调员Cindy Tan

Cindy Tan协调员因在LCIF筹款中的杰出成就获颁国际总会长奖。她在半个任期内成功筹集138茂文钟伙伴奖（Melvin Jones Fellowship Award）名额，成果斐然，树立了卓越新标杆。



### 3. CS Alvin Chan

Cabinet Secretary Alvin Chan is awarded the International Presidential Medal for his steadfast dedication and hard work throughout his term. As Organising Chairman of the District Joint Installation, he successfully navigated significant challenges, including tight cost constraints, while ensuring the event was well-executed without financial loss.

### 3. 内阁秘书CS Alvin Chan

CS Alvin Chan因任期内始终如一的奉献与勤勉获颁国际总会长奖。作为区联合就职典礼的主席，他成功应对了预算紧张等重大挑战，确保活动顺利举行且未产生财务亏损。

# District 309 Global Leadership Team Reports

## 309区全球领导团队报告

By Lion Steven Tan, Global Leadership Team (GLT) District Coordinator 2025-2026

### 1. Club Issues & Opportunities Workshop

LCI District 309 conducted the Club Issues & Opportunities Workshop on 22 November 2025 (7:00 p.m. - 9:00 p.m.) at Wisma Geylang Serai, Geylang Serai Community Club, bringing together Club Officers, Cabinet Officers, and Lions for a focused and solution-driven session.

Conducted in Mandarin, the interactive workshop provided an open platform for participants to discuss common club challenges and reframe them as opportunities for growth. Guided discussions helped participants gain insights into club sustainability, member engagement, and leadership continuity, while exploring practical ways to address root causes. The session also highlighted approaches to strengthen leadership, enhance collaboration, and build a resilient club culture.

The workshop was led by Past District Governor Ma Min (District 380), an LCI Certified Instructor (LCIP) and GAT Area Leader (Constitutional Area 5 – China), whose experience-based sharing inspired participants to face challenges with confidence. LCI District 309 thanks all participants and remains committed to empowering clubs to grow stronger and serve better.

### 2. Faculty Development Institute (FDI)

Lion Steven Tan of Lions Club of Singapore Clarke Quay had the privilege of attending the Faculty Development Institute (FDI) in Bangkok, Thailand, from 12–14 December 2025. FDI, a key leadership program under Lions Clubs International (LCI), equips Lions with the skills to train and mentor others across club, district, and multiple-district levels.

During the three-day institute, participants engaged in intensive sessions on leadership, effective training, and faculty facilitation, while sharing best practices with Lions from across Constitutional Area 5. The program inspired collaboration, innovation, and a mindset focused on growth and excellence.

A highlight was the English cohort, where Lion Mary Ong of Lions Club of Singapore Ladyhill served as one of the facilitators. Her guidance provided practical tools and strategies to strengthen club and district initiatives.

### 1. 分会问题与机遇讲习会

国际狮子会 309 区于 2025年11月22日（晚上7:00 – 9:00）在 芽笼士乃社区俱乐部（芽笼士乃大厦）举办 分会课题与机遇讲习会，汇聚了分会干部、区内阁成员及狮友，展开一场聚焦实际、以解决方案为导向的学习交流。

本次讲习会以华语进行，采用互动方式，为参与者提供了一个开放的平台，共同探讨分会常见的挑战，并将挑战转化为成长的契机。在引导式讨论中，参与者加深了对分会可持续发展、会员参与度及领导层延续性的理解，同时探索应对问题根源的实际方法。课程亦强调加强领导力、促进合作及建设具韧性的分会文化。

讲习会由380区前总监马敏主讲。她是国际狮子会认证讲师（LCIP）及全球行动团队（GAT）区领导（第五宪章区 – 中国）。她结合丰富经验的分享，激励参与者以信心迎接挑战。309区谨此感谢所有参与者，并将持续致力于赋能分会，推动更强大、更有效的服务。

### 2. 讲师发展学院（FDI）

新加坡国基狮子会的 Steven Tan 狮友有幸参加了于 2025 年 12 月 12–14 日在泰国曼谷举行的 讲师发展学院（FDI）。FDI 是国际狮子会（LCI）旗下的重要领导力培训项目，旨在提升狮子会成员在分会、区及复合区层面培训和指导他人的能力。

在为期三天的课程中，参与者全程参与了涵盖领导力、有效培训技巧及讲师辅导的密集课程，并与来自第五宪章区各地的狮友交流分享最佳实践。该课程激发了协作精神、创新能力，以及专注于成长与卓越的心态。

此次学院的一大亮点是英语班，由新加坡淑女山狮子会 Mary Ong 狮友担任其中一位辅导员。她的指导为参与者提供了切实可行的工具和策略，帮助强化分会和区的各项计划与项目。

Lion Steven Tan expressed gratitude for the opportunity, pledging to apply these skills to develop future leaders and empower members. The FDI experience reflects Lions' commitment to learning, leadership, and service, inspiring meaningful impact in the community.

### 3. Club Officers Handover Workshop

LCI District 309, in collaboration with DLTI, successfully conducted the Club Officers Handover Workshop on 7 February 2026 (9:00 a.m. - 12:00 p.m.) at Havelock 2, bringing together incoming and outgoing Club Officers committed to leading their clubs forward.

Designed to empower leaders for a smooth, effective, and compliant transition, the bilingual (English and Mandarin) workshop equipped participants with practical insights into Extraordinary General Meeting (EOGM) and Annual General Meeting (AGM) processes, officer nominations and elections, key officers' roles, and essential handover practices. Strong emphasis was placed on continuity in financial management, operations, reporting, and compliance, as well as transition planning and the management of on-going projects, including the filing of Incoming Officers via the Lions Portal.

Through its structured and hands-on approach, the workshop strengthened confidence and readiness for the new term. LCI District 309 extends its sincere appreciation to all participants and the organising team for their dedication to good governance and leadership continuity as everyone build stronger clubs together.

### 4. District New Member Orientation

Due to popular demand, the New Member Orientation has returned for its second series.

On 7 February 2026 (2:00 p.m. - 5:00 p.m.), Lions across Singapore gathered at Havelock 2, for an inspiring bilingual New Member Orientation organized by LCI District 309 in collaboration with DLTI.

The orientation began with a warm welcome to our newest Lions and their Sponsoring Lions as they embark on this meaningful journey of service, and the Opening Address from District Governor Chia Lai Soon. This was followed by a group photo session, a briefing on house rules, and a series of engaging topics, including an introduction to who Lions are, an overview of Lions Clubs International (LCI), an introduction to District 309, and insights into clubs and sponsoring Lions. The programme concluded with closing remarks and the presentation of certificates.

Congratulations to all Lions who successfully completed the orientation. Together, let's continue to grow, serve, and inspire!

Steven Tan狮友对这次宝贵机会表示感激，并承诺将所学应用于培养未来领导者和赋能会员。FDI 体验充分体现了狮子会员对学习、领导力与服务的承诺，激励成员在社区中创造有意义的影响。

### 3. 分会干部交接讲习会

国际狮子会 309 区与 DLTI 联合，于2026年2月7日在Havelock 2成功举办了分会干部交接讲习会，汇聚了新任与卸任分会干部，携手推动分会迈向更稳健的发展。

本次双语（英语及华语）讲习会旨在赋能分会领导层，协助干部在换届期间实现顺畅、有效且合规的交接。课程内容涵盖特别会员大会（EOGM）及年度会员大会（AGM）的流程、干部提名与选举、主要分会干部的角色与职责，以及确保财务管理、运作、报告与合规延续性的关键交接要点，同时也加强了过渡规划、进行中项目管理，并指导学员通过狮子会门户网站申报新任干部。

透过务实而系统化的安排，讲习会提升了参与者对新任期的信心与准备度。国际狮子会309区谨向所有参与者及筹办团队致以衷心感谢，感谢大家对良好治理与领导层延续的坚定承诺，让我们携手共建更强大的分会。

### 4. 区新会员讲习会

应广泛需求，新会员讲习会再次推出第二系列。

2026年2月7日（下午2:00 – 5:00），新加坡各分会的狮友齐聚于合乐2购物中心，参加由国际狮子会309区与DLTI联合举办的双语新会员讲习会。

讲习会在热烈欢迎新狮友及其引荐狮友加入这一充满意义的服务旅程中正式开始，并由区总监谢来樾致开幕辞。随后进行全体合影、会议守则说明，并依次介绍多个主题的分享，包括什么是狮子会、国际狮子会（LCI）、309区的概况，以及有关分会与引荐狮友。活动最后以闭幕致辞及证书颁发圆满结束。

衷心恭贺所有顺利完成讲习的狮友。让我们携手并进，持续成长、服务与启发！

## 5. District Training Plan for Second Half of Lion Year 2025-2026

### Lions Clubs Protocol & Governance Workshop

Date : 14 March 2026 (Saturday)  
 Time : 2:00 p.m. – 5:00 p.m.  
 Venue : Geylang Serai Community Club, Singapore  
 Language : English (with Mandarin subtitles)  
 Target : For Club Officers, BOD Members & Lions

### Leo Clubs Orientation & Motivational Workshop

Date : 22 March 2026 (Sunday)  
 Time : 9:00 a.m. – 5:00 p.m.  
 Venue : Kebun Baru Community Club, Singapore  
 Language : English (with Mandarin subtitles)  
 Target : For Leos, Leo Advisors & Club Officers

### Leadership Begins with a Growth Mindset Workshop

Date : 24 April 2026 (Friday)  
 Time : 1.00 p.m. – 5.00 p.m.  
 Venue : KSL Hotel & Resort, Johor Bahru, Malaysia  
 Language : English & Mandarin  
 Target : For Lions who registered for District 309 Convention

### Emerging Lions Leadership Institute (ELLI) Program

Date : 8-10 May 2026 (Friday–Sunday)  
 Time : 9:00 a.m. – 6:00 p.m.  
 Venue : Singapore Swimming Club (SSC)  
 Language : English  
 Fee : S\$100 per participant  
 (up to 25 participants only)  
 Target : For incoming Club Officers who have not yet attained the position of Club President

### Club Leadership Advancement Program (CLAP)

Date : 16-17 May 2026 (Saturday–Sunday)  
 Time : 9:00 a.m. – 6:00 p.m.  
 Venue : Singapore Swimming Club (SSC)  
 Language : Mandarin  
 Fee : S\$100 per participant  
 (up to 25 participants only)  
 Target : For incoming Club Officers who have not yet attained the position of Club President

## 5. 2025–2026狮子年度下半年度区培训计划

### 狮子会礼仪与治理讲习会

日期：2026年3月14日（星期六）  
 时间：下午 2:00 – 5:00  
 地点：新加坡 芽笼士乃社区俱乐部  
 语言：英语（附中文字幕）  
 对象：分会干部、理事会成员及狮友

### 青少狮会迎新与激励讲习会

日期：2026年3月22日（星期日）  
 时间：上午 9:00– 下午 5:00  
 地点：新加坡 哥本峇鲁社区俱乐部  
 语言：英语（附中文字幕）  
 对象：青少狮、青少狮辅导狮友及分会干部

### 领导始于成长型思维讲习会

日期：2026年4月24日（星期五）  
 时间：下午 1:00 – 5:00  
 地点：马来西亚 柔佛新山 KSL Hotel & Resort  
 语言：英语 / 华语  
 对象：已报名参加 309 区年会之狮友

### 潜能狮友领导学院（ELLI）课程

日期：2026年5月8–10日（星期五至星期日）  
 时间：上午 9:00 – 下午 5:00  
 地点：新加坡游泳俱乐部  
 语言：英语  
 费用：每位参与者新币100元（限25名参与者）  
 对象：尚未担任过分会会长之新任分会干部

### 分会领导进阶课程（CLAP）

日期：2026年5月16–17日（星期六至星期日）  
 时间：上午 9:00 – 下午 5:00  
 地点：新加坡游泳俱乐部  
 语言：华语  
 费用：每位参与者新币100元（限25名参与者）  
 对象：尚未担任过分会会长之新任分会干部



# Celebrating Service, Generosity and Global Impact through LCIF

## 通过LCIF庆贺服务、慷慨贡献与全球影响力

By Lion Cindy Tan, LCIF District Coordinator



We had the privilege of witnessing a truly meaningful moment for our Lions community, with close to 50 members recognised in the presence of our International President (IP) A.P.Singh, Past International Director (PID) Sangetta Jatia, District Governor (DG) Chia Lai Soon, and LCIF District Coordinator Cindy Tan on 13 Dec. 2025.

This special occasion honoured members who attained Melvin Jones Fellow (MJF) and Progressive Melvin Jones Fellow (PMJF) recognition—a testament to their unwavering commitment to service and giving through Lions Clubs International Foundation (LCIF).

### A Remarkable Milestone

To date, our collective efforts have raised an impressive US\$128,000, reflecting the heart of Lionism—compassion in action.

在2025年12月13日，我们有幸见证了狮友服务社区一个真正具有意义的时刻。在国际总会长IP A.P. Singh及前国际理事PID Sangetta Jatia、区总监DG Chia Lai Soon以及 LCIF 区协调员Cindy Tan的共同见证下，近50名会员获得了表彰。

这一特别时刻旨在表彰荣获茂文钟伙伴奖(MJF)及茂文钟进步奖(PMJF)的会员们——这充分证明了他们对服务的不懈承诺，以及通过狮子会国际基金会(LCIF)所作出的无私奉献。

### 卓越的里程碑

截至目前，通过大家的共同努力，我们已筹集了高达\$128,000美金的善款，这体现了狮子会精神的核心——化同情为行动。



### Breakdown of recognitions and achievements:

- Melvin Jones Fellows (MJF): 46
- Progressive Melvin Jones Fellows (PMJF): 47
- 100% LCIF Club: 6 (Beverly Hills, Chong Pang, Goodlink, Ji Siang, Ru Yi, Seletar)

### Impact Beyond Borders

The funds raised will support Kili for Kids—a life-changing initiative focused on:

- School construction and renovations;
- Providing access to education;
- Creating safe, nurturing environments;
- Supporting peaceful development for vulnerable children in communities of need around the world.

Through this, Lions are not only changing lives locally, but also uplifting futures globally.

### Join Us in Making a Difference

We warmly invite fellow Lions to step forward and be part of this meaningful journey by contributing to LCIF. Every donation—big or small—helps extend hope and opportunity to those who need it most.

For more information or to make a contribution, please contact LCIF District Coordinator Lion Cindy Tan.

Together, we serve. Together, we build a better world.

### 表彰与成就详情:

- 茂文钟伙伴奖 (MJF): 46 位
- 茂文钟进步奖 (PMJF): 47 位
- 100% LCIF 分会: 6 个 ( Beverly Hills, Chong Pang, Goodlink, Ji Siang, Ru Yi, Seletar )

### 超越国界的影响力

所筹集的资金将支持“Kili for Kids”项目，这是一个旨在改变命运的倡议，重点关注：

- 学校的建设与翻修
- 提供受教育的机会
- 创造安全、滋养的成长环境
- 支持全球贫困社区弱势儿童的和平发展

通过这一项目，狮友们不仅在改变当地的生活，更是在提升全球的未来。

### 加入我们，共创辉煌

我们诚挚邀请各位狮友挺身而出，通过向LCIF捐款来参与这一有意义的旅程。每一份捐款，无论大小，都能为最需要的人带来希望和机会。

欲了解更多信息或进行捐款，请联系LCIF区协调员Cindy Tan。

我们服务，我们携手共建更美好的世界。

# Leos in Action: Youth Serving with Purpose, Heart and Impact

## 青少狮行动：青少年以目标、热忱与影响力服务社会

By Lion Steffi Caroline, District Chairperson - LEO



Leo Club of Singapore Le Shan



Singapore Polytechnic Leo Club - Project GEN with Blosson World Society

Across Singapore, the Leo movement continues to demonstrate that service knows no age. With **10 active Alpha and Omega Leo Clubs** in District 309, our Leos are making meaningful contributions to society—both through initiatives led independently and through close collaboration with their sponsoring Lions Clubs. United by compassion and driven by action, these young leaders are translating values into service that uplifts lives and strengthens communities.

### Serving with Compassion Across Generations

A strong focus of Leo service this year has been **active ageing and elder engagement**, reflecting our commitment to dignity, inclusion, and sustained companionship.

The **Leo Club of Singapore Le Shan**, sponsored by the Lions Club of Singapore Le Shan, has maintained consistent weekly engagement with residents of the Blue Cross Charitable Institution. Through simple yet powerful interactions—painting, singing, games, and shared meals—Leos have built trust and emotional connection with residents. This relationship deepened further through a thoughtfully planned recreation and enrichment outing, where residents were brought out for a full day of nature, food, and fellowship, supported entirely by Leo-led logistics and care.

Similarly, the **Leo Club of Singapore Polytechnic**, sponsored by the Lions Club of Singapore Orchard,

在新加坡，青少狮运动持续展现一个坚定信念——服务不分年龄。国际狮子会新加坡309区（Lions Clubs International District 309 Singapore）目前共有**10个活跃的少狮 (Alpha) 与青狮 (Omega) 青少狮会 (Leo Club)**。这些青年领袖通过自主发起的服务项目，以及与其赞助狮子会(sponsoring Lions Clubs)并肩合作，持续为社会带来正面而深远的影响。在关怀中同行、在行动中成长，青少狮们正将价值观转化为切实的服务，温暖社区、造福社会。

### 以热情之心服务，跨越世代

今年，青少狮服务的一大重点聚焦于**活跃乐龄与关怀年长者**，体现了我们对尊严、包容与持续陪伴的承诺。

**Leo Club of Singapore Le Shan**（由Lions Club of Singapore Le Shan赞助）长期、稳定地每周走入 Blue Cross Charitable Institution，与住户进行深度互动。通过绘画、歌唱、游戏及共同备餐等看似简单却充满力量的活动，青少狮们逐步建立起信任与情感连结。这份关系也在每一次精心策划的康乐与身心培育活动中进一步深化。青少狮们亲自安排交通、餐饮与节目，让住户走出机构、亲近自然，度过一个充满欢笑与温情的难忘日子，所有细节均由青少狮会全程统筹与照护。



Temasek Junior College Leo Club - The Abbott Young Scientist Mentoring Programme X Abbott and Science Centre Singapore

partnered with multiple Active Ageing Centres and community care organisations, including Lions Befrienders, Calvary Community Care, Sparklecare, and Orange Valley Active Ageing Centre. Through carefully curated games, arts and crafts, sports exposure, and cognitive activities, Leos created safe spaces for seniors to stay active—physically, mentally, and emotionally—while fostering intergenerational bonding.

Large-scale community engagement was also evident in collaborations such as **Bliss!@October** with Potong Pasir CC, where hundreds of seniors participated in creative activities, and the sustained **Project GEN @ LEO** with Blossom World Society, a three-month partnership that was recognised with an Appreciation Award for its impact and volunteer commitment.

### **Nurturing Young Minds and Futures**

Beyond eldercare, Leos have also played a vital role in **youth development and education**.

The **Leo Club of Temasek Junior College**, guided by the Lions Club of Singapore East, delivered a wide range of sustained programmes supporting both seniors and students. Through weekly befriending schemes with Lions Befrienders and Montfort Care, Leos built meaningful relationships across generations. At the same time, education-focused initiatives—such as reading programmes with Bedok Green Primary School, Homework Clinics with Springfield Secondary School, and one-to-one mentorship under the **Abbott Young Scientist Mentoring Programme**—enabled Leos to support academic growth while developing patience, empathy, and leadership.

These programmes did more than deliver services; they cultivated confidence in children, curiosity in science, and resilience in students—while shaping Leos into thoughtful and socially aware leaders.

同样地，**Leo Club of Singapore Polytechnic**（由Lions Club of Singapore Orchard赞助）积极与多家活跃乐龄中心及社区关怀机构合作，包括狮子乐龄之友（LB）、Calvary Community Care、Sparklecare 以及 Orange Valley 活跃乐龄中心（AAC）。通过精心设计的游戏、艺术与手工、竞技体验及认知训练活动，青少狮们为年长者营造安全而温暖的空间，促进身、心、情绪的全面活跃，并深化跨世代交流。

在大型社区层面，青少狮们亦参与了如**Bliss!@October**与波东巴西民众俱乐部（Potong Pasir CC）合作等项目，让数百名年长者一同参与创意活动；同时，与Blossom World Society合作的**Project GEN @ LEO**，以三个月的持续志愿服务深化跨世代连结，并荣获合作机构颁发的感谢奖，肯定其长期影响力。

### **培育年轻人才，塑造未来希望**

除了关怀年长者，青少狮们在**青少年发展与教育支持**方面同样发挥关键作用。

**Leo Club of Temasek Junior College**，在Lions Club of Singapore East的指导下，推动多项长期服务计划，惠及年长者与学生群体。通过与狮子会乐龄之友（LB）及Montfort Care的定期探访，青少狮们在跨世代互动中建立真诚关系；同时，也开展多项教育议题倡议，包括与Bedok Green Primary School合作的阅读计划、Springfield Secondary School的家庭作业辅导班，以及**Abbott Young Scientist Mentoring Programme**的一对一指导计划。让青少狮们在过程中培养耐心、同理心与领导能力。这些项目不仅为学生带来学业与信心的成



Temasek Junior College x Springfield Secondary School Students - A glimpse into Homework Clinic



Leo Club of Singapore Mandarin - Environment Project

### Championing Sustainability and Social Responsibility

Leo service also extended to environmental stewardship and life-saving advocacy. Temasek JC Leo Club's annual Go Green Day, a long-standing signature project, mobilised the entire school community to recycle and raise funds for eldercare and hospice causes. Decades of collective effort have translated into tangible support for beneficiaries such as Lions Home for the Elders and Assisi Hospice, earning external recognition for sustained impact.

In parallel, advocacy initiatives such as the **Bone Marrow Donation Programme** helped raise awareness on the importance of donor registration, reminding the community that informed action can save lives.

### Service Beyond Borders

Demonstrating regional compassion, the **Leo Club of Singapore Le Shan** also reached beyond Singapore through a humanitarian visit to an orphanage in Batam, where Leos provided daily necessities and supplies while offering warmth, care, and human connection—reinforcing that Leo service transcends borders.

Growing Leaders, Strengthening Communities Collectively, these initiatives reflect the strength of the Leo movement in District 309:

- **Consistency** through weekly and sustained programmes
- **Collaboration** with sponsoring Lions Clubs and community partners
- **Character-building** for Leos through hands-on service
- **Care** that reaches seniors, children, families, and the wider community

Our Leos are not merely volunteering—they are learning to lead with empathy, act with responsibility, and serve with purpose. We are proud to witness how each Leo Club, in its own way, contributes to a shared vision of service, proving that when youth are empowered, communities thrive.

长，也让青少狮们在过程中培养耐心、同理心与领导能力，成长为更具社会责任感的青年。

这些项目不仅仅是提供服务；它们在孩子们心中建立了自信，激发了对科学的好奇，并培养了学生们坚韧不拔的意志——同时，也将青少狮塑造成为深思熟虑且具有社会意识的领袖。

### 倡导可持续发展和社会责任

青少狮服务同样延伸至环境保护与生命倡议。Temasek JC Leo Club's每年会举办Go Green Day（绿色环保日），是校内长期标志性活动。该项目动员全校师生参与回收行动，为年长者照护及临终关怀机构筹募善款。数十年来的集体努力，已为狮子乐龄之家（LHE）及Assisi Hospice带来实质支持，并获得外部机构对其持续影响力的高度肯定。

与此同时，**骨髓捐献计划（Bone Marrow Donation Programme）**通过教育与互动方式，提高公众对骨髓捐献的认知，提醒社会：多一名登记者，就多一份生命的希望。

### 服务无国界

展现区域人道精神，**Leo Club of Singapore Le Shan**亦走向国门，前往巴淡岛(Batam)孤儿院展开人道服务。青少狮们不仅捐赠生活必需品，更以陪伴与关怀为孩子们带去温暖与希望，印证了青少狮精神——服务没有国界，关爱不分区域。

### 培育领袖，强化社区

综观来看，国际狮子会新加坡309区青少狮运动的力量，体现在：

- 通过每周和持续的项目保持一贯性
- 与赞助狮子会及社区伙伴合作
- 通过亲身服务塑造青少狮的品格
- 关爱覆盖年长者、儿童、家庭及更广泛的社区

我们的青少狮不仅仅是志愿服务——他们正在学会以同理心领导，以责任心行动，以目标感服务。我们自豪地见证着每一个青少狮会正以独特的方式为共同的愿景贡献力量，用实际行动证明，当青年获得赋能，社区必将蓬勃发展。

# District Lions Training Institute (DLTI): Empowering Lions for Excellence in Service

## 区狮友培训学院 (DLTI): 赋能狮友追求卓越服务

By Lion Steven Tan, Global Leadership Team (GLT) District Coordinator 2025-2026

The District Lions Training Institute (DLTI) stands as a cornerstone of learning and leadership development within District 309. Guided by the Lions Clubs International mission to empower volunteers to serve their communities, meet humanitarian needs, and promote understanding, the Institute is dedicated to equipping Lions with the skills, knowledge, and confidence to lead with heart and purpose.

### Developing Leaders, Strengthening Service

The DLTI is designed to nurture leadership excellence at every level of Lionism. Through a structured and interactive learning framework, participants are exposed to essential topics such as:

- \* Leadership and people management
- \* Effective communication and public speaking
- \* Club administration and membership development
- \* Service project planning and impact assessment
- \* LCI and LCIF initiatives awareness

Each program is carefully tailored to meet the needs of both emerging and experienced Lions, ensuring every participant gains practical insights and inspiration to elevate their contributions to their clubs and communities.

### A Hub for Collaboration and Inspiration

Beyond training, the Institute serves as a dynamic platform for networking, collaboration, and the exchange of ideas among Lions across District 309. Participants learn not only from facilitators but also from one another - sharing experiences, challenges, and best practices that enrich collective wisdom and strengthen bonds of fellowship.

### Building Tomorrow's Lions Leaders Today

The DLTI represents our commitment to developing capable and compassionate leaders who will carry forward the spirit of Lionism with pride and vision. Graduates of the Institute emerge more confident, more connected, and more committed to serving humanity.

### A Call to Learn, Lead, and Serve

All Lions, whether newly joined or seasoned in service, are encouraged to be part of this continuous learning journey. Together, through the DLTI, we will continue to learn, lead, and serve with excellence, unity, and compassion.

*"Leadership is not about titles or positions. It's about action, impact, and inspiration — the essence of being a Lion."*

— District 309 GLT Team

区狮友培训学院 (DLTI) 是新加坡309区学习与领导力发展的基石。秉承国际狮子会“赋能志愿者服务社区、满足人道需求、促进理解”的使命，本学院致力于为狮友提供技能、知识与信心，助力他们以热忱与目标引领服务。

### 培养领袖，强化服务

DLTI旨在狮子会各阶层培育卓越领导力。通过系统化与互动式的学习框架，学员将深入探讨以下核心议题：

- 领导力与人员管理
- 高效沟通与公众演讲
- 分会管理与会员发展
- 服务项目规划与成效评估
- 国际狮子会(LCI)及狮子会国际基金会(LCIF)倡议认知

每项课程均精心设计，兼顾新晋与资深狮友的需求，确保每位参与者获得实用见解与启发，从而提升对分会及社区的贡献。

### 协作与启发的枢纽

除培训外，本学院更是新加坡309区狮友间交流、协作与思想碰撞的活力平台。学员不仅从导师的指导中受益，更通过彼此分享经验、挑战与最佳实践，凝聚集体智慧，深化狮谊纽带。

### 今日塑造明日狮子会领袖

DLTI彰显了我们的承诺：培养能力与情怀并重的领袖，让他们以自豪与远见传承狮子会精神。学院的毕业生将以更坚定的信心、更紧密的联结与更深的奉献精神，投身于服务人类的事业。

### 响应学习、领导与服务之呼召

我们鼓励所有的狮友，无论是新晋会员还是资深狮友，一起加入这一持续学习的旅程。通过DLTI，我们将以卓越、团结与同理心，持续学习、引领与服务。

*“领导力无关头衔或职位，而在于行动、影响与启迪——这正是狮子会精神的真谛。”*

新加坡309区全球领导力团队



# Lions Clubs International District 309 and Diabetes Singapore Unite to Combat Diabetes

## 国际狮子会309区与新加坡糖尿病协会携手抗击糖尿病

*By Lion Yong Chiang Boon, District Chairperson for Diabetes & Hearing Awareness & Action*

Lions Clubs International District 309 and Diabetes Singapore have formally launched a landmark collaboration aimed at significantly boosting diabetes education, awareness, and community outreach. The partnership was sealed with the signing of a Memorandum of Understanding (MOU) during a ceremony held on 15 November 2025 at HDB Hub Toa Payoh Atrium.

This strategic alliance harnesses the extensive volunteer network of the Lions Clubs and the specialized expertise of Diabetes Singapore to tackle the rising prevalence of diabetes in the region. The comprehensive collaboration is structured around four core pillars designed to create sustainable, long-term impact in the community.

### Key Pillars of the Partnership

The MOU outlines a focused commitment, with the most immediate goal being the intensive annual training of 100 Lions members in critical diabetes education and awareness modules. This trained cohort of volunteers will act as front-line educators, extending the reach of accurate health information deep into local communities.

Beyond training, the collaboration will focus on three other vital areas:

- 1. Volunteer Engagement:** Lions members will actively engage as volunteers in Diabetes Singapore's established community programmes and high-profile events, providing essential logistical and outreach support.
- 2. Fundraising Initiatives:** Joint fundraising efforts will be launched to secure the necessary financial resources to support ongoing diabetes care, educational workshops, and extensive outreach campaigns, ensuring vital services remain accessible.

国际狮子会309区与新加坡糖尿病协会 (Diabetes Singapore) 正式建立了里程碑式的合作伙伴关系，旨在显著提升糖尿病教育、意识普及和社区外展工作。双方于2025年11月15日在在大巴窑HDB Hub大庭举行的仪式上，正式签署了合作谅解备忘录 (MOU)。

这一战略联盟结合了狮子会广泛的志愿者网络与新加坡糖尿病协会的专业知识，共同应对该地区日益严峻的糖尿病流行问题。此项综合合作围绕四大核心支柱展开，旨在为社区创造可持续的长期影响。

### 伙伴关系的核心支柱

该谅解备忘录明确了重点承诺，其中最紧迫的目标是每年对100名狮子会会员进行糖尿病教育和意识模块的强化培训。这支受过培训的志愿者队伍将作为一线教育者，将准确的健康资讯深入传播到当地社区。

除了培训，合作还将重点关注以下三个关键领域：

- 1. 志愿者参与:** 狮子会会员将积极参与新加坡糖尿病协会现有的社区计划和大型活动，提供必要的物流和外展支持。
- 2. 筹款活动:** 双方将发起联合筹款，以确保有足够的资金支持持续的糖尿病护理、教育工作坊和广泛的外展运动，确保关键服务保持普及性。
- 3. 联合社区外展:** 两大机构将协作开展专门设计的社区项目，以推广健康生活方式、鼓励体育锻炼，并强调降低糖尿病风险的关键预防措施。



**3. Joint Community Outreach:** Both organizations will collaborate on joint community projects specifically designed to promote healthier lifestyles, encourage physical activity, and emphasize preventive measures crucial for reducing diabetes risk.

#### Statements from Leadership

District Governor Chia Lai Soon highlighted the spirit of service driving the initiative. “As Lions, our motto is ‘We Serve.’ This partnership with Diabetes Singapore allows us to channel our energy and dedication into a critical area of public health. By training 100 Lions every year, we are building a dedicated army of advocates, ensuring that accurate, life-saving awareness reaches every corner of our district.”

Dr Bee Yong Mong, President of Diabetes Singapore, emphasized the strategic value of the Lions’ network. “Diabetes is a societal challenge that requires a collective response. The support from Lions Clubs International District 309 is transformational. Their commitment to embedding diabetes knowledge into their membership base, combined with their capacity for fundraising and volunteer mobilization, will dramatically accelerate our mission to prevent diabetes and support those living with the condition.”

The organizations are set to commence the first training cohort early 2026, marking the start of a collaboration that promises to significantly strengthen the region’s efforts in promoting healthier communities and combating the silent epidemic of diabetes.

#### 领导层声明

区总监DG Chia Lai Soon强调了推动这一倡议的服务精神：“作为狮子会会员，我们的座右铭是‘我们服务We Serve’。与新加坡糖尿病协会的合作让我们能够将精力和奉献投入到公共卫生的关键领域。通过每年培训100名狮友，我们正在建立一支专业的倡导‘大军’，确保准确、救命的健康意识触及我区的每一个角落。”

新加坡糖尿病协会会长Dr Bee Yong Mong强调了狮子会网络的战略价值：“糖尿病是一项需要集体应对的社会挑战。来自国际狮子会309区的支持是具有变革性的。他们致力于将糖尿病知识植入其会员群体，再加上他们在筹款和志愿者动员方面的能力，将极大地加速我们预防糖尿病及支持糖尿病患者的使命。”

双方机构定于2026年初启动第一批培训学员，这标志着这项合作的正式开始。该合作有望显著增强本地区在促进健康社区和抗击糖尿病这一“沉默流行病”方面的努力。

# LIONS CLUB OF SINGAPORE CENTRAL Youth Camps & Exchange Report – Finland 2025/2026

## 新加坡中央狮子会 青年营与交流计划报告 – 芬兰之旅 2025/2026

By Lion Vincent Lim Chai Poy, District Chairperson, Youth Exchange Program



Camp Alpine Curling



Outdoor Ice Baths / Cold Plunges

LCS Central's commitment to youth development continues to flourish through the Lions Youth Camps & Exchange (YCE) program. In December 2025, we proudly sponsored three of our young leaders including two Leo Club Presidents and a Secretary - on a 16-day cultural immersion to Finland, where they experienced the magic of powder snow and soft Arctic twilight from 27 December 2025 to 11 January 2026.

### Host Family Experience

Our delegates were warmly welcomed by Kartja Sarkela, President of a women-only Lions Club in Pudasjärvi, her husband Juuka, and their family in the charming village of Metsälä. The homestay offered authentic Finnish winter traditions — from building their first snowman and sledding with host siblings, to visiting reindeer farms and skiing into the New Year at Iso-Syöte alongside fellow YCE participants. Evenings were marked by the quintessential Finnish sauna, a nightly ritual that provided comforting respite from the Arctic chill.

### Camp Activities at Oivanki

Following the homestay, our delegates joined peers from around the world at the Oivanki Outdoor

新加坡中央狮子会致力于推动青年发展，透过青年营与交流计划（YCE）持续培育年轻领袖。去年十二月，我们资助三位青年领袖远赴芬兰，展开为期16天的文化沉浸之旅，体验粉雪纷飞与北极柔光交织的冬日奇境。代表团成员包括两位狮子会青年服务团主席及一位秘书，行程自2025年12月27日持续至2026年1月11日。

### 寄宿家庭体验

团员们获普达斯耶尔维一个女狮子会会长卡佳·萨克拉与其丈夫尤卡及其家人热情接待，入住风景如画的梅采莱村。寄宿期间，他们体验了地道的芬兰冬日传统：首次堆雪人、与寄宿兄弟玩雪橇、参观驯鹿农场，并与来自各地的YCE学员一同在伊索叙厄特滑雪跨年。每晚的芬兰桑拿，更成为他们在北极寒风中身心得以舒展的温暖仪式。

### 奥万基营地活动

结束寄宿家庭行程后，团员们前往库萨莫的奥万基户外教育中心，与来自世界各地的青年汇合。营地活动丰富多彩，包括团队协作训练、冰湖垂钓、驯



Aurora



Reindeer sledding



Team building activities with fellow Lions Youth Exchange participants from other countries



Education Centre in Kuusamo. The camp itinerary included team-building exercises, ice fishing on frozen lakes, reindeer sledding, and a magical aurora sighting beside a towering snowman. Cultural exploration continued through museum visits and evening spent bonding over bonfires grilling sausages and pancakes. The camp concluded with Alpine Curling—a sport our delegates likened to boccia and lawn bowling back home—and the quintessentially Finnish rite of saunas followed by invigorating ice baths at  $-30^{\circ}\text{C}$ .

### Building on Legacy, Looking Ahead

For over three decades, Lions Club of Singapore Central has hosted youth exchanges with Japan as our signature program. This Finland expedition marks an exciting expansion of our YCE footprint, offering our Leos exposure to Nordic culture and deepening international Lions fellowship.

Inspired by this success, we are now exploring opportunities to organize future exchanges with the Netherlands, further broaden horizons for our youth members.

*Footnote: the above article was written based on material supplied by Lion Zenon Ho, President of Leo Club of Singapore Central, who shared his personal experience of this memorable trip.*

鹿雪橇体验，以及在大雪人旁幸运邂逅北极光的难忘之夜。他们亦走访当地博物馆，感受芬兰文化，在篝火旁烧烤香肠与煎饼，情谊在火光中悄然升温。活动尾声，团员们体验了高山冰壶——这项新奇运动令他们联想到我国的地掷球与草地滚球；而最具芬兰特色的，莫过于在零下30度中桑拿后跃进冰湖，接受凛冽而畅快的洗礼。

### 传承与展望

三十多年来，新加坡中央狮子会以日本交流计划为青年营旗舰项目，成果丰硕。本次芬兰远征标志着我们拓展YCE版图的重要一步，不仅让青年团成员亲身体验北欧文化，也深化了国际狮子会的友谊纽带。

受此启发，我们正积极筹划未来与荷兰的青年交流项目，持续为青年会员开拓更广阔的视野。

以上来自Zenon Ho（新加坡中央狮子会青年团长）经历报告

# Visit by members of Lions Club Mandsaur (District 3233 E-2, India)

*By Lion Jennifer Ong, District Chairperson for International Relations*



Lions Clubs of Singapore District 309, District Governor (DG) Lion Chia Lai Soon and some cabinet officers welcomed and had a fellowship meet-up with an entourage of about 66 Lions and Leo members of Lions Club Mandsaur [District 3233 E-2, India] on 16 September 2025 at Mercure Hotel Tyrwhitt, Singapore.

It was an extremely heartwarming fellowship exchange between us, as DG shared with them on Singapore Lions' Entities such as the Lions Home for the Elders (LHE), Lions Befrienders Service Association (LBSA), Lions Prostheses Centre (LPC), Lions Save Sight Centre (LSSC) and the Lions Community Service Foundation (LCSF). LC Mandsaur also shared with us some information regarding their Club's contributions in their District, which happens to be one of the oldest and most reputed in their District and Multiple Districts as well.

DG took the opportunity to share Lions Clubs of Singapore's mission and goals where we empower

volunteers to serve our communities, meet humanitarian needs, encourage peace and promote international understanding through Lions Clubs providing elder care services via LHE, support services through LBSA as well as raising funds for various charitable causes through LCSF in Singapore. DG also highlighted on humanitarian needs, which included caring for the elderly, supporting children and assisting people of those most in need (e.g. recently provided assistance to a foreigner with prosthetic limbs, who had lost them due to a severe bacteria infection).

Extended appreciation to DG Lion Chia Lai Soon and spouse, GETC Lion Jonathan Tan, GLTC Lion Steven Tan, ZC Lion Dr Li Tao, DC IR (M) Lion Janice Huang and DC Peace Poster Lion Ho Yu Xian for being there to welcome and have fellowship with LC Mandsaur Lions and Leo members.

# Warm Welcome to International Delegates from Taiwan and Sabah

*By Lion Jennifer Ong, District Chairperson International Relations*



Lions Clubs of Singapore District 309, under the leadership of District Governor (DG) Lion Chia Lai Soon, extended a heartfelt welcome to District 300B 6 Lions International (Taiwan), District Governor Huang Hsiu-Ching and her distinguished delegates who arrived in Singapore on 7 January 2026. Simultaneously, District Governor Dato' Winnie Lee Siew Ping of MD308 A2 (Sabah, East Malaysia) was also warmly welcomed during this memorable occasion.

## **Fellowship Activities and Hospitality**

The visit was marked by a series of fellowship activities, including lunches, tea sessions, and dinners, allowing delegates and hosts to strengthen their bonds and share meaningful conversations. A special welcome dinner was organised by District 309 DG at the Singapore Swimming Club on 7 January 2026, attended by several Cabinet Officers, further enhancing the spirit of camaraderie among the Lions.

## **Community Service Visits**

In recognition of the delegates' visit, coordinated tours were arranged to highlight the Lions' community service

efforts. The group visited the Lions Home for the Elders (LHE) in Bishan and participated in a service project at the Ang Mo Kio market. Both locations offered inspiring experiences, and the delegates expressed admiration and enjoyment during their tours, appreciating the impactful work being carried out in these areas.

## **Appreciation and Acknowledgements**

Special appreciation is extended to the Management Team and Staff of LHE, with particular thanks to Lion Yeo Geok Hong, 2nd Vice Chairman, for her pivotal role in coordinating the visit. The warm greetings and support from various Club members involved in the market service project are also gratefully acknowledged.

Thank you to all who contributed to the success of this international visit and fellowship.

# The Lions Music and Dance Interest Groups

## 狮友音乐与舞蹈兴趣小组

By Lion Loh Yan Poh, District Chairperson for Lions Interest Groups



One thing led to another – that’s how the Lions live band was formed. It all started with Zoomkaraoke, the pairing of Zoom and video sharing app Watch2gether that allowed Lions to overcome locked-down blues during Covid by happily singing karaoke together online. The Lions Karaoke Group was formed, followed soon by the Dancing Group co-led by Lion Helena Gwee of LCS Island and the Christmas Choir led by Lion Justin Li of LCS Katong. These groups meet regularly for relaxation, rehearsals, dance parties and most importantly Lions fellowship. They also perform at festive occasions, hotmeals and health talks for seniors at the Lions Befrienders Centres and the Lions Homes, and at Lions Club events.

Then came the Lions Band, initiated by members of the Christmas Choir. Led by Lion Josaphin Toh of LCS Ocean, our band has entertained LB seniors at outreach block parties in Ang Mo Kio and Tampines, and the Lions Interest & Bizzy Buzzy Groups Christmas Party.

Lion Josaphin and I also collaborated on two new D309 theme songs as commissioned by DG Lion Chia Lai Soon – Together We Serve, and We are the Singapore Lions. For Chinese New Year, the band and singers will visit the Lions Home Bishan and AMK AAC and also serve the seniors lunch and desserts.

Our Lions Interest Groups are open to Lions, family and friends – do come join us to sing, dance, watch a movie, go to an art exhibition, share photo shots, jokes, infotech or gardening tips, walk or play a sport. Through such activities, we interact with and learn from fellow Lions and initiate service projects and fund raisers that benefit the Lions entities.

Many thanks to all our interest group OCs/2ICs and tireless advisor PDG Lion SK Ho for striving to keep us all active, united as Lions and engaged with our communities.

机缘环环相扣——狮友现场乐队就这样诞生了。故事要从”Zoom卡拉OK”说起：当视频会议平台Zoom邂逅视频共享应用Watch2gether，狮友们得以在封城期间通过云端欢唱驱散阴霾。由此催生的狮友卡拉OK小组，很快又衍生出由Lion Helena Gwee ( LCS Island) 狮友共同带领的舞蹈小组，以及Lion Justin Li (LCS Katong) 狮友领衔的圣诞合唱团。这些团体定期开展联谊、排练、舞会，更在狮子乐龄之友(LB)中心、狮子乐龄之家(LHE)为年长者举办的节日庆典、热食派送及健康讲座中倾情献艺，及在各狮子会活动中绽放光彩。

由圣诞合唱团成员发起的狮友乐队应运而生。这支由Lion Josaphin Toh (LCS Ocean) 狮友挂帅的劲旅，曾以悠扬乐声为宏茂桥及淡滨尼的乐龄外展屋区派对增添欢愉，狮子会兴趣小组与商机小组更在圣诞联欢会上掀起热浪。

Josaphin狮友与我更携手创作了两首区总监DG Chia Lai Soon委托创作的309区新主题曲——《携手服务 (Together We Serve)》与《我们是新加坡狮友(We are the Singapore Lions)》。

新春将至，乐队与歌手将走进碧山狮子乐龄之家与宏茂桥乐龄活动中心，为年长者们献上佳节饕宴及餐后甜点。

我们的狮子会兴趣小组向狮友、家人及亲友敞开怀抱——诚邀您加入我们：高歌，起舞，共赏佳片，同游艺展，分享摄影佳作、笑话、科技新知、园艺心得，亦或结伴健行挥拍。通过这些活动，我们与狮友切磋交流，在互动中孕育服务项目与筹款活动，反哺狮子会各属下机构。

衷心感谢所有兴趣小组正副召集人，同时也要感谢以及不断激励我们保持活力、凝聚狮谊、服务社群的顾问前区总监 PDG SK Ho 。

# Service Project at Muhammadiyah Welfare Home

By Lions Club of Singapore East



On 12 October 2025, the Lions Club of Singapore East, under the leadership of President Imelda Tay, collaborated with the S.M.T Charity Group for a meaningful service project at the Muhammadiyah Welfare Home (101 Pasir Ris Road).

The S.M.T Charity Group is a volunteer-led biker community network comprising riders, donors, and friends united by a shared passion for giving back. Now in its third year, the group continues to support orphanages, welfare homes, and underprivileged communities across the region (Singapore, Malaysia and Thailand) through charity rides, fundraising, and outreach projects.

Members from both groups spent a heartwarming morning with the boys — engaging them through motorbike rides, conversations, and sharing sessions,

2025年10月12日，新加坡东狮子会在会长郑小玲（Imelda Tay）的带领下，与S.M.T慈善团体携手前往位于巴西立路101号的穆罕默迪亚福利院（Muhammadiyah Welfare Home），展开了一场充满爱心与意义的服务活动。

S.M.T慈善团体是一个由摩托骑士、捐赠者及热心朋友组成的志愿者骑士社区网络，大家怀着共同的热情与信念，为社会回馈爱心。该团体已迈入第三年，持续通过慈善骑行、筹款与社区关怀活动，支援新加坡、马来西亚和泰国等地的孤儿院、福利院及弱势群体。

当天，东狮子会与S.M.T慈善团体的成员们共度了一个温馨的上午。活动包括摩托骑行体验、互动交流与分享环节，并为院内的孩子们分发早餐、礼物包与午餐。孩子们的笑容与热情互动让现场充满温



while distributing breakfast, gift packs, and lunch. The visit brought smiles, encouragement, and warmth to the residents, reflecting the shared commitment to community care and compassion.

A total of \$5,000 was raised in support of the Home — contributing to the School Uniform Fund, daily operational needs, and food and gifts for the boys.

This project marks the second of six charitable events under the S.M.T Charity Group's 2025 series, which the Lions Club of Singapore East will proudly support throughout the year. The partnership continues to strengthen the Lions' mission of service through collaboration, unity, and the enduring spirit of "We Serve."

暖与欢乐，充分体现出双方对社区关怀与慈善精神的共同承诺。

此次活动共筹得约5,000元善款，用于支持福利院的校服基金、日常运作开销及孩子们的餐食与礼品。

这项服务活动是S.M.T慈善团体2025年度六项慈善系列活动中的第二场，新加坡东狮子会将在全年内继续参与与支持。这份跨团体的合作，展现了狮友们“团结协作、以心服务”的精神，也进一步强化了“我们服务 (We Serve)"的核心使命与价值。

## LCS Cheng Hua... Distribution of Moon Cakes

*By Lion Richard Koh Ah Huat, President, LCS Cheng Hua*



On 5<sup>th</sup> October 2025, Bukit Batok Community Club's Senior Citizens' Executive Committee (SCEC) and Bukit Batok Arts Centre held a joint celebration to commemorate the former's 36<sup>th</sup> anniversary and the latter's 23<sup>rd</sup> anniversary.

On that auspicious day, LCS Cheng Hua distributed 400 boxes of Moon Cakes to the Bukit Batok SCEC and the Bukit Batok Arts Centre at Block 159 #02-180, Singapore 650159.

The event was graced by the presence of the guest-of-honour Mr. Murali Pillai, Senior Minister of State, Ministry for Law and Ministry for Transport, and Adviser to Jurong East - Bukit Batok GRC. Mr. Murali Pillai and his fellow Grassroots leaders praised our LCS Cheng Hua for its generosity and teamwork.



The Moon Cakes provided to our community were excellent. Taste was good and not too sweet.

Many thanks to our District Governor Lion Chia Lai Soon for his leadership.

# LCS Island – stepping up in service for the children

*By Lion Tan Su Yen, LCS Island*



There were planning meetings, rapid-fire late-night discussions on WhatsApp and a massive, constantly-updated Xcel document covering every single detail from shift timings and personnel, to a list of things to bring. So, what was this all-important endeavour?

None other than LCS Island's signature project – its participation in the Children's Charities Association's (CCA) annual fund-raising bazaar held at the Ngee Ann City Plaza on Oct 18.

Being part of the CCA Bazaar has been a long and much-cherished LCS Island tradition for over a decade, drawing strong support from Club members in the form of donations, purchases and helping to run the Club's stall at the bazaar. In years past, our stall has successfully offered pre-loved toys and costume jewellery for sale. But in recent years, the crowds visiting the fair's outdoor location has thinned, leading to lower sales and consequently, less funds raised.

In 2025, the challenge for LCS Island members, led by Project Chairwoman Lion Marcy Hui, was how to increase the funds raised for CCA given the low foot-fall at the bazaar.

One solution was to raise funds ahead of the event through pre-sales. This was achieved through the sales of 34 umbrellas for seniors, generously donated by LCS Jurong and the sales of 15 soft toys to Island members and friends well ahead of the Oct 18 event. Reflecting the depth of support from LCS Island members, the

most coveted toys put up for sale were pristine, brand new, expertly snagged by Lion Alison Tay from claw machines and generously donated by her for sale to fellow LCS Island members and friends, all in the spirit of supporting the CCA cause.

Our Club also launched another point of differentiation to draw more visitors to our stall: a live portrait drawing stand by artist Shui Lam Wong, daughter of Lion Marcy Hui. The plan was for visitors to sit for live portraits rendered in ink brush pen and purchase the finished artwork for S\$20 each.

On the morning of the bazaar, LCS Island's advance party arrived at Ngee Ann City bright and early to set up stall at the bazaar. A total of 20 LCS Island members and three friends joined in to take charge of the stall throughout the day.

To our great delight, the live drawing station was a roaring success, with the artist kept busy working on portraits of members of the public and many fellow Lions who visited the bazaar to lend their support to our Club. All in, 17 portraits were completed by artist Shui Lam Wong, with some guests generously donating sums above the price of the portraits. Sales of soft toys and costume jewellery were healthy, nudged along by a very enthusiastic sales team.

Combining the pre-sales and bazaar takings, LCS Island raised a grand total of S\$2,941 for the Children's Charities Association through this project -- a testament

to the Club's strong and enduring spirit of service to the community.

Two months after the CCA bazaar, LCS Island was again galvanised to support children in need – this time through a Christmas shopping and celebrations project for orphanages in Batam. The annual joint project was organised by Lions Club of Batam Host and led by LCS Jurong with participating Clubs, namely Lions Club of Batam Mitra Raya, Lions Club of Batam Centre, LCS Meyer, LCS Cherish and LCS Island.

Ten Club members and two friends, led by LCS Island President Irene Lee, travelled to Batam on the morning of Saturday, Dec 6. Together with Lions from other Clubs, they accompanied 62 children from two orphanages for Christmas shopping at Matahari Department store followed by a sumptuous seafood lunch at Golden Prawn Benkong Seafood Restaurant. Our Club also donated soft toys, pre-loved clothes and stationery to the orphanages.

In the evening, Club members and fellow Lions attended a fellowship seafood dinner to celebrate the success of



the project. Children from the orphanages entertained diners with lively dance items performed with much exuberance, demonstrating the youthful joy and resilience that inspires Lion members to serve tirelessly.

## LCS Ladyhill's Annual Dinner & Lights

*By Lion Siow Oi Lin, LCS Ladyhill*



LCS Ladyhill's Annual Dinner & Lights project showered the festive spirit upon seniors at Lions Befrienders AMK AAC and Clementi AAC.

Christmas is celebrated worldwide for its festive spirit, glowing lights, beautifully decorated trees, heartfelt gift-giving, and joyous gatherings with loved ones. It is a season filled with warmth, gratitude, and togetherness, blending deep religious meaning with the simple joy of sharing and caring.

At LCS Ladyhill, we have been embracing this spirit of joy and service by celebrating Christmas with seniors since



2012. Our annual Christmas Dinner & Lights service project is close to our hearts. Each year, our members come together to serve and prepare a lovingly curated dinner and put on concert-style performances, all with the shared purpose of bringing festive cheer to the seniors we serve.

This year, our celebration shone even brighter as we gathered with 120 seniors at Kreta Ayer Community Centre on 28 Nov 2025. Our long-time collaborators, the NUSS Drama Group under the leadership of Lion Christopher Loh (Convenor of NUSS Drama Group and President of LCS Serangoon Gardens) once again filled



long-time supporter of this event, we were honoured to have 2VDG Lion Tay Jia Ming and ZC Lion Helena Gwee join us, making the evening even more memorable.

What moved us most was the heartfelt feedback from the seniors. Many shared that they eagerly looked forward to our celebration every year and hope to return again next Christmas. The eldest senior at our celebration this year was aged 93, and her feedback was that she had enjoyed attending our yearly celebration for many years and was looking forward to attending it again next year. Their joy reminds us why we serve, and how meaningful it is to brighten someone's life, even for one evening.

the room with warmth through their inclusive and heartfelt musical performances that the seniors always look forward to.

The seniors joyfully participated in singing well-loved classics, filling the hall with smiles, applause and nostalgia. Their faces lit up during the impressive Bian Lian (变脸) performance, and this year's special items by IPDG Lion Shirley Lee added an extra touch of magic. Alongside IPDG Lion Shirley Lee, who is a passionate and

After enjoying a delicious meal and lively entertainment, the seniors took a scenic ride along Orchard Road to see the Christmas light display, which was another highlight of the event. They had looked forward to this outing, as it was an opportunity they would not have been able to experience on their own.

We are deeply grateful for the chance to give back, to share joy, and to be part of a community that celebrates not just Christmas, but kindness, connection, and love.

## LCS Robertson Walk Service Projects

*By Lion Carol Khoo, LCSRW Project Chair*



We are proud to share the highlights of our Club's recent service activities, which demonstrate our commitment to serving both our local community and the international spirit of Lionism.



### 1. Tampines Lions Service Day (October 5)

We provided a full day of care and camaraderie for 100 elderly seniors at Blk 499C Tampines Ave 9. Our signature “Hair and Nail” services were a central part of the day, complemented by chair therapy yoga, songs, and games. Each senior enjoyed a bento lunch and received a gift package containing household essentials and a cash token.

### 2. International Fellowship: Visit to St. Francis Children’s Home, Tokyo (October 22)

Marking our first overseas fellowship trip, our visit to the St. Francis Children’s Home was a profound experience. We connected with the vibrant children through shared activities and games, witnessing firsthand the impact of dedicated care. Our Club donated ¥100,000 and presented gifts representing Singapore and our Club. This visit also served as a wonderful opportunity to share the mission and purpose of Lions Clubs International.

### 3. Bukit Merah View Service Extension (October 23)

Building on the success of our Tampines event, we extended our signature Nail Cutting Service to 30

elderly seniors at Blk 121 Bukit Merah View, providing them with daily necessities.

### 4. OSEAL Forum in Sapporo (October 24)

Eleven of our members attended the OSEAL Forum in Sapporo. For our new members, it was an invaluable opportunity to gain a deeper understanding of LCI. The event was inspiring, reinforcing our passion for service through the powerful unity of Lions from around the world.



# Deepfakes & Scams: What Do They Have in Common?

By *Lion Christopher Loh, President,  
LCS Serangoon Gardens*

The Lions Club of Singapore Serangoon Gardens held a General Members Meeting on 29 November 2025, where members had the pleasure of hearing from Ms Amelia Ching on the fast-rising threat of deepfakes and technology-enabled scams.

## About the Speaker

Ms Amelia Ching is a cybersecurity specialist with over 25 years of experience in banking and technology training. She now leads AgilenLite Pte Ltd, where she conducts cybersecurity programmes for financial institutions and corporate teams, and is an adjunct trainer with SMU Academy and the creator of the Technology in Finance Immersion Program (TFIP). She is also the author of two books on cyber resilience and zero-trust principles.

## Amelia's Presentation

Ms. Amelia Ching's presentation highlighted how today's impersonation scams exploit artificial intelligence to craft highly convincing voices, faces, and messages—making it harder than ever to tell truth from fabrication. Amelia opened her address with a simple but powerful warning: Who you speak with may not be who they claim to be. Who you interact with online may not be the real person you think you're engaging with. Who you're communicating with by phone or text may not be the genuine sender.

These reminders formed the basis for a practical and eye-opening discussion on how scams really work. She explained that modern scams combine psychological manipulation with AI-powered tools, using urgency, emotional triggers, or fear to pressure victims. Deepfakes now allow scammers to imitate voices of family members, colleagues, or even senior leaders with startling accuracy. Virtual meeting scams can display an impersonated face on screen, while phishing attacks can mimic trusted senders with near-perfect cloning of language and tone.

## Spotting Red Flags Before It's Too Late

Amelia shared a clear set of principles Lions can apply immediately:

### 1. Slow down the conversation

Scammers rely on rushing victims—claiming emergencies, legal threats, or urgent financial transfers. A deliberate pause often reveals inconsistencies.



### 2. Verify through a second channel

If a request feels unusual, confirm using a different method:

- ✓ Call the person directly
- ✓ Use their known number
- ✓ Send a message through an alternative platform

Never rely on the same channel that the suspicious message came from.

### 3. Treat unexpected calls or videos with caution

Even video calls can now be faked. Look out for:

- Slight facial delays
- Odd blinking patterns
- Unusual background audio
- Inconsistent mannerisms

When in doubt, ask a question only the real person would know.

### 4. Be sceptical of payment or password requests

No bank, government body, or legitimate organisation will ever ask for:

- OTPs
- Passwords
- Immediate bank transfers
- Remote access to your device

### 5. Strengthen your digital hygiene

Use multi-factor authentication, secure passwords, updated devices, and avoid clicking unknown links. Good digital habits remove many entry points scammers exploit.

## Conclusion

As Lions, safeguarding our community extends beyond physical service—it includes digital vigilance. Amelia's session reinforced a critical truth: scams are no longer obvious, and deepfakes have introduced a new era of deception. By applying practical verification steps and embracing a cautious digital mindset, we can better protect ourselves, our families, and the people we serve.

# Christmas Cheers from LCS Vanda

*By Lion Helen Tan, DC for Mental Wellness Awareness & Action*



Members of LCS Vanda visited the Children Day Care Centre in Hougang on 19 December 2025, and gave out a few dozens Teddy Bears to the underprivileged children there. Very Happy Happy Day indeed.





On 23 December 2025, LCS Vanda brought Christmas Cheers to 30 Seniors at LB Befrienders Hougang. They were treated to Live Music and Singing by husband-and-wife team Sammi and Esther. I gave a short Mental Wellness Talk, and it was overwhelmingly received.

Each senior brought home goodies including a 1-foot size Teddy Bear as Christmas Gift.

That day was also the Biggest Celebration for 18 Birthday Seniors!!!

## LCS Stamford & Mental Wellness Talk and Hotmeal

*By Lion Helen Tan, DC for Mental Wellness Awareness & Action*



LCS Stamford & DC Mental Wellness Lion Helen Tan held a joint hotmeal/mental health talk & singing session with 50 seniors at the LB AMK AAC, on 21 November 2025.

Chicken rice and coffee donated by generous stall owners were served. Lion Helen Tan brought a keyboardist and singers to entertain, and held an upbeat interactive discussion on the importance of feeling happy and forgiving in our lives and friendships.