

WE SERVE WITH LION SPIRIT

An E-Bulletin by
Lions Clubs of Singapore
District 309
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Message from District Governor Lawrence Sew

Dear Lions,

It gives me great pleasure to welcome you to our District 309 e-Bulletin.

This e-Bulletin is more than a newsletter. It is a platform for us to share our service stories, celebrate our achievements, recognise the dedication of our Lions, and inspire one another as we continue our journey of service together.

As we begin this Lions Year 2026-2027, let us embrace our spirit of service with passion, commitment and unity. Every service project, no matter how big or small, has the power to bring hope, dignity and positive change to the lives of those we serve.

I would like to express my heartfelt appreciation to our Cabinet Officers, Club Leaders and every Lion for your dedication and willingness to serve. Together, we are stronger; together, we can create greater impact.

Let us continue to work hand in hand, support one another and turn our passion for service into meaningful action for our communities.

May this Lions Year be filled with service, fellowship, growth and lasting impact.

With Lion Spirit,
Lawrence Sew Weng Cheong
District Governor
Lions Clubs International District 309

亲爱的狮友们：

我非常高兴与大家一起开启狮子会2026-2027年度，并欢迎大家阅读我们309区的电子会讯。

这份电子会讯不仅是一份资讯平台，更是我们分享服务故事、庆祝成果、肯定狮友们的付出，以及彼此激励、共同成长的平台。

在新的一年里，让我们秉持服务的热忱、承担的精神与团结的力量。无论是一项大型活动，还是一个小小的善举，只要我们用心去服务，都能够为有需要的人带来希望与改变。

我要衷心感谢各位内阁成员、狮子会领袖以及每一位狮友的付出与支持。因为有大家的齐心协力，我们才能走得更远、服务得更深、影响得更广。

让我们继续携手同行，把对狮子会的热爱化为实际行动，为社区创造更多有意义的改变。

愿2026-2027狮子年度充满服务、友谊、成长与影响力。

让我们一起，以狮子精神服务！

萧宥宏狮友
新加坡狮子会309区总监

2026-2027 District Joint Installation Ceremony of Cabinet Officers & Club Key Officers

Reported By Lion Helena Gwee, Region Chairperson



The 2026-2027 District Joint Installation Ceremony of Cabinet Officers and Club key officers was successfully held on 23 July 2026 at Singapore Orchard Hotel.

International President Lion Mark S. Lyon was the guest of honour. The event was also attended by District Governors and Past Officers of the Association from District 309, Multiple District 308, Philippines and Indonesia.

Representatives from 70% of District 309's Clubs attended the event. Together with Lions dignitaries and guests, a total of 714 graced the occasion.

A dialogue session between International President, District Governors and Past Officers of the Association was conducted before the event commenced.





Following were the notable events held during the Ceremony:

1. District Governor Lion Lawrence Sew taking office by receiving the Chain of Office from Immediate Past District Governor Lion Chia Lai Soon
2. Installation of Cabinet Officers by District Governor Lion Lawrence Sew
3. Installation of Club Presidents by International President Lion Mark Lyon
4. Installation of Club Officers by Lion Dato Yeow Wah Chin
5. LCIF Donation Cheque of USD70,000 was presented to International President Lion Mark Lyon



Membership Resources to Support Our Clubs

*Reported By Lion Steven Tan,
Global Membership Team (GMT)
District Coordinator*



Strong membership development is not only about recruiting new members. It is also about having the right resources, tools and recognition to help our Clubs attract, engage and retain members.

As part of our membership development efforts, I would like to share two useful areas of membership information from Lions Clubs International and District 309:

1. Membership Resources & Tools

Lions Clubs International provides a wide range of Membership Resources & Tools to support Clubs and Lions throughout the membership journey. These resources can help Clubs to:

- **Recruit** - attract new members and introduce them to the Lions experience.
- **Engage** - create meaningful opportunities for members to participate and contribute.
- **Retain** - strengthen member satisfaction, involvement and connection with the Club.
- **Grow** - build a stronger and more sustainable membership culture.

The resources include practical guides, membership planning tools, recruitment and retention materials, Club development resources, communication materials

and other tools that Clubs can use according to their needs.

2. Membership Awards & Recognition

Recognition is an important part of motivating and appreciating Lions for their contributions to membership development. Lions Clubs International offers various membership-related awards and recognition programmes to recognise Clubs and Lions for achievements in areas such as membership growth, recruitment, retention, extension and leadership.

At the District 309 level, membership achievements and contributions may also be recognised through District awards and recognition programmes. These forms of recognition are not only about awards. They provide an opportunity to celebrate our Clubs and Lions, share good practices and encourage continued efforts in strengthening membership across the District.

I encourage all Clubs and Lions to take some time to explore these resources and consider how they can be applied to your own membership development efforts. Together, let us strengthen our Clubs, develop our membership and build a stronger Lions community across District 309.

Report on Talk: LCIF GRANTS

Reported By Lion Aranea Chua, DC International Relations



District 309 recently hosted an informative session on LCIF (Lions Clubs International Foundation) Grants at the Orchard Hotel on 24 July 2026 at 7pm. The event featured prominent guest speakers: PID Lion Jeff Huang (LCIF Board of Trustees), PDG Lion Sol Wilfredo Flores (D301-A2 MD GLT Coordinator) and Lion Yu Chuling (OSEAL/LCIF Development Specialist), who provided members with a clear roadmap to access funding and maximize community impact.

ID Lion Jeff Huang shared his valuable insights as a donor with LCIF. He emphasized the importance of giving back to LCIF, as donations directly enable larger, more impactful service projects around the world.

PDG Lion Sol gave members an overview of Lions Clubs International Foundation (LCIF) - and its role in supporting Lions service worldwide. She highlighted how LCIF funds projects across the five Global Causes: Vision, Diabetes, Childhood Cancer, Environment, and Humanitarian & Disaster Relief. Key message: "LCIF grants help clubs do more, serve more by providing resources we can't access alone."

In her speech, Lion Yu Chuling broke down the essentials for applying:

She walked us through the types of LCIF grants available, including District & Club Community Impact Grants, Emergency Grants, and Disaster Relief Grants. She also covered eligibility and requirements: good standing status, clear measurable outcomes, sustainability, and matching funds. She encouraged Clubs to plan signature projects aligned with LCIF causes and to keep strong documentation for better approval chances.

Finally, she outlined the application process through the LCIF portal with endorsement from the District LCIF Coordinator.

The session was both informative and motivating. Members gained clarity and confidence to plan signature projects that can benefit from LCIF support. We thank our speakers for their valuable insights.



District 309 President School Strengthens Club Leadership

Reported By Lion Nancy Quek, GLT District Coordinator



District 309 conducted its President School on 25 July 2026 at the LB Training Centre, bringing together 24 Club Presidents for an afternoon of leadership development, practical learning and fellowship.

District Governor Lion Lawrence Sew delivered the opening address and formally welcomed the participants. His presence and encouragement set a positive tone for the programme. They reinforced the important role that Club Presidents play in leading their members, strengthening their Clubs and advancing the District's mission of service.

The programme featured two complementary sessions designed to prepare the Presidents for the responsibilities and challenges of their leadership year. GETC Lion Joseph Lui facilitated the session on "Roles and Responsibilities of a President". He guided participants through key areas of Club leadership and administration, including working with the Club Leadership Team, presiding over meetings, planning the Lions year, representing the Club, managing reporting requirements, succession planning and ensuring a proper handover to the incoming leadership team.

GMTC Lion Steven Tan facilitated "Essential Skills and Qualities of a President", highlighting the leadership, communication, interpersonal, organisational and

strategic capabilities required of an effective Club President. The session also emphasised integrity, empathy, adaptability, sound decision-making and the ability to inspire members to work towards common goals.

Through practical examples, discussion and the sharing of experiences, participants gained useful insights that they could apply within their respective Clubs. The President School also provided an opportunity for the Club Presidents to build stronger relationships, exchange ideas and encourage greater collaboration across District 309.

At the conclusion of the programme, District Governor Lion Lawrence Sew presented the participants with their Certificates of Completion and special pins from the International President, recognising their commitment to leadership development and their readiness to guide their Clubs throughout the Lions year.

The President School reflected District 309's continued commitment to developing capable, confident and service-oriented leaders. The District looks forward to seeing the participating Presidents put their learning into practice as they strengthen their Clubs, engage their members and create greater impact in the communities they serve.

Temasek Junior College LEO Club: Bone Marrow Donor Programme

Reported By Lion Sudhakaran Krishnan, Leo Advisor, LCS East



On 12 August 2026, the Temasek Junior College (TJC) LEO Club collaborated with the Bone Marrow Donor Programme (BMDP) to raise awareness on the importance of bone marrow donation and to encourage staff and students to register as donors.

During the morning assembly, Ms Cory, a BMDP volunteer, spoke to the J1 and J2 students about stem cell donation. The 20 minutes sharing covered the importance of bone marrow donation, the challenges of finding a suitable donor match, the donation process, and common misconceptions about donation. Students also learnt that the chances of finding a matching donor can be as low as 1 in 20,000.

After the assembly, a BMDP awareness booth was set up at the canteen from 11am to 2pm. Through interactive activities like Toss the Ring, Roll the Dice, Sticker Matching and a Spin-the-Wheel quiz, students learnt more about bone marrow donation. Each activity was designed to reinforce key messages about the rarity of donor matches and the importance of having more potential donors in the registry. There were also information boards, pamphlets and BMDP merchandise available at the booth. Eligible students could register

on the spot using a simple cheek swab, with no needles or blood tests required. The booth saw encouraging participation, and it was heartening to see not just students but also staff members taking the opportunity to join the registry. Only those between the ages of 18-49 were eligible to join the registry.

Through the assembly sharing and interactive booth activities, students and staff gained a better understanding of bone marrow donation and the impact that potential donors can have on patients searching for a match. Beyond contributing to the TJC community, the initiative encouraged students and staff to see how their awareness and actions can make a difference beyond the school, by supporting efforts to build a larger and more diverse donor registry and potentially giving hope to patients and families in need.

More info on BMDP: <https://bmdp.org>.



Community Clean-Up & Home Renewal Project

Reported By Lion Yong Chiang Boon, DC Diabetes Awareness & Action



On Sunday, 16 August 2026, over 40 volunteers from the Lions Club of Singapore Robertson Walk joined forces with Kwan Yong Construction Pte Ltd to revitalize five one-room flats at Ghim Moh Estate. The collaborative effort aimed to improve the living conditions, safety, and overall well-being of vulnerable local residents.

Project Highlights & Scope of Work

Decluttering & Waste Removal: Volunteers cleared out accumulated refuse, damaged furniture, and unwanted clutter from all five units to create safer, more spacious living environments.

Internal Painting: Teams applied fresh coats of paint to walls and ceilings, brightening up the units and improving hygiene.

Plumbing Repairs: Skilled volunteers inspected and repaired leaky pipes, clogged drains, and worn-out fixtures to restore reliable water access.

Electrical Safety Checks & Servicing: Electrical setups were assessed to replace faulty switches, rewire unsafe connections, and install energy-efficient lighting fixtures.

The project successfully concluded within the day, leaving the beneficiaries with safer, cleaner, and refreshed homes through active community partnership.



New Members Orientation for Potential New Club Members

Reported By Lion Simon Lim, Chairman of District Leadership Training Institute (DLTI)

DLTI was pleased to host the Lions New Member Orientation (NMO), welcoming a group of prospective members taking their first steps towards joining the Lions family.

The session supported the District Governor's recent initiative requiring prospective members to attend the NMO before endorsements are made for new Club charters. This important step helps ensure that sponsor Clubs and individuals recommend candidates who are committed, suitably qualified, and of proven character.

By strengthening the orientation process, the initiative also lays a firmer foundation for new Clubs and helps reduce early attrition of Clubs and membership.

The orientation was held on Saturday, 29 August, from 1.30pm to 4.00pm, and was graced by the District Governor Lion Lawrence Sew, who warmly welcomed the prospective new members of Lions Club of Singapore Paragon. His presence and words of encouragement marked a meaningful start to their journey of service with Lions.



LSSC Eye Screening Projects Conducted in 3rd & 4th Quarters of 2026

Reported By Lion Jennifer Chew

District Chairperson for Sight Preservation Awareness & Action, 2025-2026



1) LSSC Bi-Monthly Eye Screening Project on 30 Aug 2026

Lions SaveSight Centre organised and successfully conducted its regular Comprehensive Eye Screening Project for senior residents of Radin Mas Constituency on 30 Aug 2026 at 9am to 1pm, at Radin Mas CC.

There were 209 senior beneficiaries who had their eyes screened. Some seniors were referred for follow-up eye treatment at hospital eye clinics. There was no urgent referral.

The Member of Parliament for Radin Mas Constituency, Mr Melvin Yong, together with our District Governor Lion Lawrence Sew, 1VDG Lion Tay Jia Ming and 2VDG Lion Yeoh Guan Huah were present to grace the event and observe the eye screening activities conducted in the CC's multi-purpose hall.



Some 50 volunteers comprising SNEC Doctors and Nurses and Lions volunteers were present to conduct the eye screening project for the senior beneficiaries.



There were also a few Lions from two new Clubs (LCS Concordia and Empire) who participated as first time volunteers.

Reading glasses sponsored by Lions Community Service Foundation were given to those seniors who needed it.



2) Lions World Sight Day 2026

This year's Lions World Sight Day Project in collaboration with SNEC National Eye Care Day was successfully conducted at Eunos Community Club on 4th October 2026 at 8.30am to 12.30pm.

The GOH, Mr Goh Pei Ming, Senior Minister of State for Social & Family Development and Home Affairs, together with the DG team led by District Governor :ion Lawrence Sew were present to grace the event and observed the eye screening activities inside the CC's MPH.

A few Appreciation awards trophies were presented to LSSC's main partners, and a memento was also presented to the GOH by LSSC Chairman.

Some 80 volunteers comprising SNEC Doctors & Nurses and Lions volunteers were present to conduct the eye screening project for the senior beneficiaries. There

were 334 senior residents from Aljunied GRC of Eunos Division who had their eyes screened. There was one urgent referral case and some seniors were referred for follow-up treatment at any hospital eye centre/clinic. Goodie bags and free Reading glasses were given to those seniors who needed it, after the completion of their eye screening.

There was media coverage in the Chinese newspaper on the event and it was also posted in the Facebook by SMS Goh Pei Ming, as shown in the photos here.



Young at Heart, Strong in Service: Lions Bring Seniors on a Day Out at Changi Airport

Reported By Immediate Past President Lion Christopher Loh, LCS Serangoon Gardens

Laughter, friendship and a sense of adventure filled the day as members of the Lions Club of Singapore Serangoon Gardens and Lions Club of Singapore Island came together to bring a group of seniors on an outing to Changi Airport on 18 September 2026.

For some, it was a familiar place seen from a fresh perspective. For others, it was simply a chance to get out, meet friends and enjoy the day together. And that was exactly what made the outing special.

The seniors travelled by bus to Changi Airport, enjoyed a leisurely walk through the terminals, took in the views from higher levels and later gathered for lunch.

For 78-year-old Lin Guizhou, the day was a welcome change from routine. “Today was the happiest.” Although she had visited the airport before, this time she explored areas she had never seen and enjoyed looking down from a much higher level.

For 77-year-old Zhang Minghao, who has joined activities for about a year, the experience was equally memorable. “Today was quite special. I got to see something different.” He also appreciated the opportunity to meet new people and make friends.

Another senior, Zhong Wenlai, captured the spirit of the outing in the simplest way. “Happy lah. Come out,





walk around and play.” When asked where he hoped to go next, his answer was just as telling: “Anywhere is fine. As long as we can come out and walk around.” Sometimes, the destination matters less than having people to go with.

The Joy of Serving

The outing was just as meaningful for the volunteers. One volunteer, who has been serving for about a year after a career in the marine industry, said he chose to volunteer simply to “help others”.

He observed that the activities do more than provide meals or outings. They also support seniors socially, mentally and physically. Another volunteer admitted that she was initially nervous about whether she could manage the responsibility of accompanying the seniors. But seeing them enjoying themselves quickly changed that. The seniors were warm, cooperative and happy to interact, and the volunteers found themselves enjoying the experience just as much.

That is one of the quiet rewards of service. We begin by thinking we are giving to others, but often we receive just as much in return.

82 Years Young and Still Serving

Among those taking part was Lion Teo Cheng Peow, Chairman of the LB AMK Active Ageing Centre, who at 82 continues to serve actively. Asked why he still volunteers, he shared: “You must have a purpose in life. That purpose is to give what you can.” For him, helping

others gives life meaning. His advice on ageing was equally memorable: “Never tell yourself you are old.” That spirit could be seen throughout the outing.

Some of the Lions serving were themselves older than some of the beneficiaries, yet they continued to walk alongside them, support them and share in the laughter. Another long-serving Lion, with about 30 years in Lions, put it simply: “When you are in the position to serve, you serve regardless of your age.”

More Than an Outing

The Lions and community partners regularly support seniors through meals, outings and other activities. Joint projects between clubs also allow more volunteers and resources to come together, creating more opportunities to reach different groups of seniors. But the success of this outing was not measured only by numbers. It could be seen in the smiles. It could be heard in the laughter. And it could be felt in the friendships.

For one senior, the highlight was discovering a new view of a familiar place. For another, it was meeting new friends. For yet another, simply coming out for a walk was enough. That is perhaps the most meaningful lesson of the day: Growing older does not mean growing smaller in spirit. There is always another friendship to make, another place to explore and another opportunity to serve. As long as there is connection, purpose and joy, we remain young at heart.

We Serve — with joy, friendship and heart.

District Service Day Event: **KNOW YOUR SUGAR** – A Breakfast & Diabetes Awareness Talk

Reported By Lion Yong Chiang Boon, DC Diabetes Awareness & Action



What a wonderful morning of health, learning and fellowship!

We were delighted to welcome 150+ residents and 50 Lions from 15 Lions Clubs in Singapore for our “Know Your Sugar – A Breakfast & Diabetes Awareness Talk” on 4 October 2026 at Hong Kah North Community Club.

The morning was filled with meaningful activities, including:

- Sugar Smart Healthy Eating Talk
- Diabetes Care & Awareness Sharing
- Healthy Cooking Demonstration
- Diabetes Games & Information Booths
- Practical tips on healthy eating and active living
- Fun games with a chance to receive a Gardenia Low GI Soft Grain Loaf

A very special appreciation to District Governor Lion Lawrence Sew and 1st Vice District Governor Lion Tay Jia Ming for gracing the event and showing your strong support for diabetes awareness and community service.



Our heartfelt thanks also go to all 50 Lions from 15 Lions Clubs for volunteering, assisting and making the programme such a meaningful success. Your dedication and teamwork truly demonstrate the spirit of “We Serve.”

Most importantly, thank you to all the 150+ residents who joined us, participated enthusiastically and took the first step towards making healthier choices.

Together, let’s continue to Know Our Sugar, Eat Smart, Stay Active and Live Well!

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