

## WELCOME TO THE 2<sup>ND</sup> EDITION OF THE DISTRICT 308A1 2022/23 E-BULLETIN

Welcome once again to our District 308A1 E-bulletin!

We are delighted to bring you a report on the visit of International President, Lion Brian Sheehan and his wife Lion Lori to Singapore, and their attendance at the Appreciation & Awards (A&A) Dinner of the Lions Home.

In this second edition of the 2022/2023 e-Bulletin, we bring you action- provoking feedback on how we have performed in service to our community and beyond, over the past three months.

Read about the seminar on Club Quality Initiative (CQI) that focused on how to improve the way our Clubs operate.

We also bring you stories from our Clubs and Lions that exemplify the theme for this edition – **Service Excellence**. Be inspired by the service projects carried out by some of our Clubs.

The 65<sup>th</sup> birthday bash of Lions Clubs in Singapore will be happening next year. Read what is being planned for that grand occasion.

And of course, more reports on the excellent service that our interest groups have been rendering to our fellow-Lions and the community at large.

Keep sending us your feedback on areas for improvement in producing this e-Bulletin. We love to hear from you. Write to anyone in the team about your views. Their names can be found at the bottom of this page.

### **Bulletin Subcommittee 电子版简报小组委员会:**

*DG SK Ho, Jenny Tan, Vincent Lim, Dr. Chey Chor Khoo, Jonathan Foo, Joseph Lui, Lena Chen, Mary Ong, Raymond Wee, Simon Lim, Steven Tan.*

## 308-A1 区 2022/2023 年第 2 期电子简报

欢迎大家再次来阅读我们 308-A1 区电子简报！

我们很高兴能为您报导国际狮子会总会长 Brian Sheehan 和夫人Lori Sheehan

访问新加坡一系列的活动，以及他们出席了狮子乐龄之家的颁奖与答谢之夜。

在 2022/2023 年的第二期电子简报中，我们也为您提供引人深省的反馈，描述了我们在过去三个月中如何为社区及其他方面所提供的服务。

阅读关于分会成功蜕变(CQI)的研讨会，该研讨会侧重于如何改进我们分会运作的方式。

我们还为您带来了许多分会和狮友们的故事，这些故事体现了本期的主题 - 卓越服务。借此从其他分会的服务项目中获得了启发。

国际狮子会新加坡区 65 岁生日庆祝活动将于明年举行。欢迎阅读这个盛大的庆祝活动所策划的内容。

当然，还有更多关于我们兴趣小组为我们狮友们和整个社区提供的优质服务的报道。

请继续向我们提供您对制作电子简报的意见和改进。

我们很乐意听取您的来信及反馈。您可以将您的观点写信给团队小组的任何组员。他们的名字可以在本页底部找到。

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## **Visit by International President Brian Sheehan and spouse Lion Lori to Singapore, 1-3 December 2022**

*By Lion SK Ho  
District Governor, District 308A1*

International President Brian Sheehan and Lady Lori Sheehan were in Singapore 1-3 December arriving from Manila after attending OSEAL in Jeju, South Korea.

They were received by 40 Lions at Changi Airport headed by District Governor SK Ho, and all proceeded to the newly opened JiaHe Grand Restaurant for the Welcome Fellowship Dinner organised by OC PDG Bobby Eng.

86 Lions were waiting at One Farrer Hotel and together we had a fabulous time singing and dancing with live music arranged by DC Loh Yan Poh. He and DG SK accompanied IP Brian on stage to sing "Can't Buy Me Love".

There were speeches and exchange of gifts. MC was Cabinet Secretary Jenny Tan.

The LCI visitors' hotel accommodation in MBS was by courtesy of PID Charlie Chan/Dora Chan. As ADC PID Dr. Naga fell ill in Manila and could not come to Singapore, DG SK Ho became IP's ADC.

IP Brian and Lady Lori together with DG SK Ho were transported around in Rolls Royce comfort driven by PDG Jeffrey Yang, courtesy of PP Karim Tano from LCS101.

The visit to Lions Home For The Elders was organised on 2nd December at 10am. IP Brian and Lori were very impressed after their tour and very proud that Singapore Lions have such a well-organised facility for seniors.

Lunch was at Kam Boat arranged for the Heads of Lions Entities. There was an impromptu Dialogue Session:

- PDG Eric Ng commented about LCI consensus on one-member Clubs;
- PDG Irene Tan asked about the correctness of MDCC order of precedence;
- PCC Winston Koh asked about emphasis on climate change in Environment and relevance of Hunger Relief coinage in cosmopolitan Singapore; and
- PDG Isabel Cheong wanted to know LCI's stand on quality vs quantity of membership.

After lunch was a visit to Lions Befrienders Service Association in Mei Ling Street Active Aging Centre. Chairman of LB PDG Anthony Tay and Board Members, Executive Director Karen Wee as well as Centre staff put up a very good show for the visiting dignitaries including the unveiling of a wall plaque and health testing for them.

Again, IP & Lori complimented greatly Lions Entities' work after the visit.

At night was Lions Home Awards & Appreciation Night which IP & Lori were invited to attend by Chairman of LHE, PCC Henre Tan. The Guest- of-Honour was Minister for Health Ong Ye Kung.

On 3rd December, PP Dora Chan came to MBS at 8.45am to help IP and Lori to check out of the hotel. PDG Jeffrey Yang then arrived and brought IP Brian and Lori to Changi Airport, with ample time for the visitors to tour the Jewel. DCC Henry Liang and Cabinet Secretary Jenny Tan also came to help ferry their many pieces of luggage to the Departure Terminal.

PDG William Kwok, PDG Eric Ng, GMT Tay Jia Ming and DC Steven Tan were also present at the Terminal to wish our distinguished LCI President Brian Sheehan, Lady Lori and Council Chairman Kenny Low a safe journey to Sibul and continue his visit to MD308A2, B2 and B1.

## 2022 年 12 月 1 日至 3 日，国际狮子会总会长 Brian Sheehan 和夫人 Lori Sheehan 访问新加坡

### 由何沁光区总监报告

国际狮子会总会长 Brian Sheehan (IP Brian) 和夫人 Lori Sheehan 访问马尼拉后于 12 月 1 日至 3 日飞来新加坡访问。他们之前已经出席了在韩国济州岛举行的远东暨东南亚狮子会(OSEAL) 论坛。

在樟宜机场他们受到由何沁光区总监率领的 40 位狮友的热烈欢迎，过后前往在 One Farrer 酒店新开业的嘉和餐馆，参加由前区总监 Bobby Eng 所主持的欢迎联谊晚宴。

有来自各分会的 86 名狮友们集聚在嘉和餐馆一起共进晚餐，大家也在 Loh Yan Poh 区委主席所特备的现场音乐演奏中载歌载舞，度过了一个美妙欢愉的夜晚。当晚，由何沁光区总监及 Loh Yan Poh 伴奏，IP Brian 也上台演唱《Can't Buy Me Love》助兴。

晚宴有嘉宾演讲和互换礼物。司仪是由区内阁秘书 Jenny Tan 主持。国际狮子会总会长访客所入住的 MBS 酒店是由前国际理事 Charlie Chan 与 Dora Chan 夫妇所提供。由于 IP Brian 官方助理(ADC)前国际理事 Naga 医生在马尼拉生病不能前来新加坡，由何沁光区总监暂代 IP Brian 的助理。

IP Brian 和夫人 Lori 以及何沁光区总监的乘坐由前区总监 Jeffrey Yang 负责驾驶，是一辆非常舒适的劳斯莱斯，由新加坡区 101 狮子会前会长 Karim Tano 所提供。

12 月 2 日上午 10 点，IP Brian 和夫人 Lori 参观了狮子乐龄之家。新加坡区狮子会给予乐龄人士提供如此完善的设施，让他们此行留下了非常深刻的印象而感到自豪。

过后午餐安排在 Kam Boat 餐馆，相关狮子会附属机构领导都有出席。



其中包括还有一轮即兴的对话环节：

- 前区总监 Eric Ng 询问国际总会分会仅剩一员情况有何共识；
- 前区总监 Irene Tan 询问复合区主席优先顺序的正确性；
- 前复合区主席 Winston Koh

询问了国际总部对环境与气候变化课题的重视程度以及饥饿救济对大都市新加坡的相关性；

- 前区总监 Isabel Cheong

想知道国际狮子会总部对会员质量与数量方面的立场。

午餐后，一行人也参观了位于 Mei Ling

路狮子乐龄之友协会的活跃乐龄中心。该机构主席 Anthony Tay

前区总监、董事会成员、执行董事 Karen Wee

以及中心工作人员对为来访的贵宾们做了详细的介绍，包括揭幕墙匾和为他们进行健康测试。

IP Brian 和夫人 Lori

访问后，再次高度赞赏相关狮子会附属机构的工作表现。

当晚也是狮子乐龄之家颁奖与答谢之夜。IP Brian 和夫人 Lori

也受狮子乐龄之家主席前复合区主席 Henre Tan

的邀请出席了活动。当晚主宾是我国卫生部长王乙康。

12 月 3 日，前分会会长 Dora Chan 早上 8 时 45 分来到 MBS

酒店，协助 IP Brian 和夫人 Lori 办理退房手续。前区总监 Jeffrey

Yang 随后将 IP Brian 和 Lori

夫人接送到樟宜机场，让他们有充裕的时间参观星耀樟宜(Jewel)。

区委员会主席 Henry Liang 和区内阁秘书 Jenny Tan

也来帮忙将他们的许多行李运送到离境航站。

前区总监William Kwok 和Eric Ng 、国际会员协调员 Tay Jia Ming 和区委主席 Steven Tan 也到场送行，祝愿尊贵的国际狮子会总会长Brian Sheehan 和夫人Lori Sheehan 及 308 复合区主席 Kenny Low 前往诗巫访问並祝一路平安，继续对 308 复合区 A2 > B2 、 B1 其他分区的访问。



The welcome reception at Changi Airport on arrival.





Welcome dinner party at JiaHe Grand Restaurant.



At the Lions Home Awards & Appreciation Night, with Chairman PCC Henre Tan and Guest-of-Honour Minister for Health Ong Ye Kung.



## **My 2<sup>nd</sup> District Goal is Service Excellence**

*By District Governor Lion SK Ho*

What is Service?

- An Act of Kindness
- Assistance to Others
- Categories of Work

“We Serve” is the Lions Motto and Lions provide services all the time as Where There’s A Need, There’s A Lion.

Every Lions Club has administrative service to handle and manage. Secretarial Services by Club Secretary and Accounting Services by Club Treasurer are of paramount importance and must be done properly and promptly to be of excellence in Club Administration. There are Fund Raising Service Projects whereby financial governance and charity compliance must be strictly adhered to before being considered good or of excellent standard in Club performance.

Club’s Service Excellence include:

- 1) Monthly Board of Directors’ Meeting.
- 2) Periodic General Members’ Meeting which is the supreme deciding body of the Club.
- 3) Attendance at District Governor’s Quarterly Advisory Meetings by the required Officers.
- 4) Timely reporting of MMR and MSR.
- 5) Timely submission of PU101.
- 6) Timely collection of members’ Dues and payment of LCI Dues.
- 7) Membership Chairman’s important and effective role of recruitment and retention.
- 8) Proper inventory control and foster members’ welfare by Tamer.
- 9) Club Service Chairman’s efficient management of service projects,
- 10) Club Marketing Communications Coordinator’s proficiency in public relations, portraying Club image and branding for Lionism.
- 11) Club LCIF Coordinator in promoting LCIF Goals and seeking for Melvin Jones Fellows from members and friends.
- 12) Nominations Committee Chairman appointed by Club President to handle the proper elections of next year’s office bearers at AGM.
- 13) Visits to Twin Clubs, if any.
- 14) Guidance to Leo Clubs, if any.
- 15) Constant support of sponsored Clubs, if any.

16) Appreciation & Awards Night by out-going Club President and the Installation of the new BOD.

Club's Service Excellence will also include having members being appointed into the District Cabinet, and if elected into the Management Boards of Lions Entities.

However, sometimes this area may be ignored or neglected. For example, punctuality and obligatory attendance at the quarterly Cabinet Meetings or the monthly MB Meetings when Club BOD is not aware of their member's absence.

These Club members' value-added contributions and relevant reports as Cabinet Officer or as Board Director or as Sub-Committee Chairman reflect the Club's Service Excellence too.

Truly understanding Lions Purposes and upholding the Lions Code of Ethics at all times are the basic tenets if we want to provide excellent service as Lions.

Roar! Roar! Roar!

## 我的第二个目标: 卓越服务

何沁光区总监传写

何为服务？

- 善举
- 协助他人
- 活动类别

“我们服务”是狮子会的座右铭，狮子会一直不间断地提供服务，因为“那里有需要，那里就有狮友”。

每个狮子会都有行政与服务任务须要处理和管控。

分会秘书提供的书记服务和分会财政提供的会计服务至关重要，必须准确与及时完成，以表卓越行政工作。

在筹款服务项目中，必须严格遵守财务治理和慈善合规性，才能被认为是良好或卓越的分会绩效标准。

分会的卓越服务包括：

- 1) 每月理事会会议。
- 2) 定期会员大会，这是分会的最高决策机构。
- 3) 相关理事出席区总监季度咨询会议。
- 4) 及时呈交每月会员报告(MMR)和每月服务活动报告(MSR)。
- 5) 及时收取会员会费并支付国际狮子会(LCI)与 308-A1 区会费。
- 6) 会员主席有效地招募和保留会员。
- 7) 适当的库存管控并通过总务(Tamer)促进会员福利。
- 8) 分会服务主席对服务项目的高效管理，
- 9) 分会营销传播协调员熟练公共关系、展示分会形象和狮子会品牌。
- 10) 狮子会国际基金会(LCIF)分会协调员，负责宣传 LCIF 目标并从会员和朋友那里为茂钟文基金筹募款项 (Melvin Jones Fellow)。
- 11) 拜访姐妹会，如果有的话。
- 12) 督导青少狮子会，如果有的话。
- 13) 支持协助所发起的分会，如果有的话。



- 14) 分会会长指定选委会提名主席进行妥当选举出下一届理事会。
- 15) 及时提交分会新理事成员名单(PU101)。
- 16) 即将离任的分会会长举办感谢和颁奖仪式及新理事交接典礼。

分会卓越活动包括狮友们受委为分区内阁成员与被选进入狮子会相关附属机构的理事。

但是，有时这方面可能被忽略。

例如，分会理事会不知道其会员缺席，是因为义务並准时出席了308-A1 区内阁季度会议或相关附属机构的每月理事会会议。

这些会员作为内阁成员、理事或小组委员会主席所作的贡献和相关报告也反映了分会的卓越表现。

真正了解狮子会的宗旨并始终坚持狮子会的道德准则及信条是狮子会分会最基本的卓越表现。吼吼吼！

## **Review of Cabinet Performance in Q1, 2022/23 Term of Office**

*By ZC Lion Jonathan Tan*

District Governor SK Ho hosted two Fellowship Dinners, on 3<sup>rd</sup> and 6<sup>th</sup> October 2022, for his Cabinet Officers and MDCC (to suit their availability) as part of our District's 1st Quarterly Appraisal Review. The dinners were held at Imperial Grand Cantonese Cuisine Restaurant which are owned by fellow-Lions from LCS Fort Canning and LCS Beverly Hills.

I attended the dinner on Monday 3<sup>rd</sup> October. It was a very informal evening with DG starting off with a brief overview of our performance over the past three months. The mood was relaxed as the Cabinet Officers introduced themselves and briefly talked about their performances. The dinner was entertained by karaoke singing, while the occasional dancing created an atmosphere of delight and camaraderie.

DG informed the audience that, over the first quarter of his term of office, 48 Clubs had no members joining and leaving their Clubs, while 83 Clubs had full retention of their existing members. He said that the most significant statistic was that our District had a nett growth of 302 members. Total number of Lions in District 308A1 was 2,870 as at 30<sup>th</sup> September 2022.

The various interest groups have somewhat unified the District and we all looked forward to a successful LCS65 Carnival in March 2023.

We all took notice of our shortfalls and assured ourselves to improve in the next three quarters to serve with commitment and gusto under the capable and creative leadership DG SK Ho.

***(Editor's note: See below for the reflections by Cabinet Officers given to DG SK Ho, and his responses.)***

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## **Reflections and Feedback by Cabinet Officers during Q1, 2022/23**

(Compiled by DG SK Ho)

### **1. What's the future for Lionism (volunteerism & philanthropy) in Singapore?**

- i. When Lions care about specific causes in their communities, they come together to find ways to resolve them, all their resources are pooled together to initiate innovative ways to work for the benefit of those around them. Their compassion and empathy are combined in service of shared goals, with egos set aside. While we might not think this is true, a crisis like Covid-19 shows that Lions do care and act.
- ii. To prepare for future challenges in the Lions landscape and create a future in what we serve, we need to understand where the seeds of that future are in the present. These will shape how we act on what, when and why we serve.
- iii. Let's be mindful of the following:
  - The ageing population in Singapore
  - Rise of naturalised citizens
  - Millennials and Gen Z as future leaders
  - Inequalities in society
  - Sustainability
  - Digital Revolution
  - Fake news and misinformation
  - Infiltration of Bio-Technology and AI
- iv. Volunteerism is quite active in Singapore, and I believe that there will always be a place for Lionism as long as there are needs within the community that need to be met. But the longevity of Lionism really depends on our ability to constantly reinvent ourselves and adapt to the changes in society.



v. In the past two years (perhaps also forced upon us by the pandemic to do things differently), the emergence of Lions interest groups has definitely added colour and life to the whole movement. Besides encouraging bonding and fellowship, interest groups have also resulted in new and creative service projects being introduced into the District (e.g.: bake-in, zoomaroke), which have in turn, attracted a new and more diverse group of people joining the Lions movement. There are a few very active young and (relatively) new Lions whom we have seen emerging in recent months, and all of them first started out being active in the various interest groups that were set up even before the pandemic struck.

## **2. How can we improve the standing and image branding of Lions in Singapore?**

i. Lions have partnered with private and public sectors but we are not prominent in the public's eyes. We need to share constantly the good work that we do via social media and involve partners to do a shout-out for us.

ii. When there is a need to build equipment or provide fixtures for the beneficiaries, we should explore having the Lions logo installed or placed at locations with high visibility.

iii. Perhaps to create our own Lions mascot at the L65 Carnival and let this be the showcase at Lions events and activities in future to have our presence felt and remembered.

iv. I believe that improvement of brand image first begins within the movement itself. If new members come into the Clubs and they have a positive experience helping the community and engaging in volunteerism, they would, in turn, encourage more people in their social circles to join in and participate. However, if a member were to leave disillusioned by internal politics, then the image of Lionism as a whole would definitely be affected as well.

v. To improve the standing and brand image of Lionism, it is also important that we look at the various opportunities and touch-points that we have with our members and the community. I recently attended the New Members Orientation in August together with some of the new members from my Club. For me, having been a Lion for some time, it was an insightful presentation of the history and significance of Lions International and the various entities that we serve in. However, for a new member who has zero knowledge of our structure and entities, it can be too much information for them. A District Orientation session is actually a very good opportunity for new members to interact with members from other Clubs and senior Lions in the District, hence, a more interactive session featuring the various community and service projects that we are involved would be beneficial.

### **3. How do you see our District in 5 years' time after we are redistricted and chartered as "District 309"?**

i. During the initial phase, there will be differences in terms of leadership and contest for Council Chairman.

ii. I hope our District will maintain as one rather than split. We should work in harmony by sharing resources, and focus on common causes to better our service. With harmony, we are able to promote Lions image and bring positive vibes to the community to draw more members.

iii. I see redistricting as an opportunity for us to work more closely together in Singapore. It's really what we make of it. As a new independent District, issues like image and branding become all the more relevant, both within the Lions movement itself and in the Community.

iv. A lot of the fruits that we see in the first three months of our term are the result of years of effort and hard work which you have put in to set up opportunities for us to enjoy fellowship together via the interest groups, and getting to know us better as people, way before you even announced that you were running for 2VDG. I also see the effort that you put in to remain actively involved on the ground, even as DG.

v. Generally, I feel that it has been a good start due to the foundations that have been set in place and we should move on and work together to continue and end the year well.

## 2022/23 年第一季度內阁成员表现检讨

由分区主席Jonathan Tan 报导

为了举办我们 308-A1 区第一季度评估，区总监何沁光于 2022 年 10 月 3 日和 6 日分别为区内阁成员与区委会主席们举办了两次联谊晚宴(以方便他们出席)。

晚宴在 Imperial Grand Cantonese Cuisine Restaurant 餐館举行，该餐館是 LCS Fort Canning, LCS Beverly Hills 的狮友所经营。

这是一个暖和的夜晚，区总监首先简要概述了我们过去三个月的总表现。之后，区内阁成员们各自介绍并简要报告他们的表现，气氛轻松。

席间有卡拉OK 歌唱娱乐大家，偶尔也有会员舞蹈助兴。

区总监报告，在首期第一季度，48 个分会没有会员加入或离开，由此，共有 83 个分会完全保留了现有会员。他说，最重要的统计数据是：我区净增加了 302 名新会员。

各个兴趣小组也在一定程度上使大家团结起来，我们都期待着在 2023 年 3 月成功举办 LCS65 嘉年华。

每各人都关注到我们的不足之处，并确保各自在接下来的三个季度中有所改进，加大力度创造与承诺；在区总监何沁光领导下，真诚热情为大众服务。

(编辑者注：见下文区内阁成员致区总监何沁光的反馈)



## 2022/23 年第一季度区内阁成员的反思反馈 (区总监何沁光编辑)

1. "新加坡狮子会(志愿服务和慈善事业)将来会是什么样?"

- 当狮友关心社区中的具体因素时,他们会聚在一起寻找解决问题的方法,汇集他们的资源,用创新方式来为周围的人谋福利。同情心和同理心结合在一起,为共同的目标服务努力,而将自我意识放一边。

虽然我们可能认为这不是真实的,但冠状病毒之下,狮友们确实体现关心并采取行动。

- 为了接受将来面临的挑战与创造我们的未来服务,我们需要了解这些各种要素。这将让我们营造合时、服务方式、目的明确的行动。

- 我们应关注以下几点:

- 人口老龄化
- 新公民归化
- 千禧一代和Z世代成为未来的领导者
- 社会不平等
- 可持续方案
- 数码革新

-假新闻与错误讯息传播

- 生物科技和人工智能开展

- 志愿服务在新加坡非常活跃,我相信只要社区里有需求,狮子会运动总会有一席之地。

但狮子会运动的延续取决于我们不断改进自己和适应社会变化的能力。

- 在过去的两年里(也许是冠状病毒迫使我们采取不同的做法),狮友兴趣小组的出现无疑为整个运动增添了许多色彩和活力。

除了增强与建立团契联谊外,兴趣小组还促成了新颖和创造性的服务项目被引入我区(例如:烘焙、Zoom 卡拉

OK),这反过来又吸引了一批新会员和来自不同背景的人加入狮子会运动。最近几个月,我们看到有一些非常活跃的年轻人(相对的)和新狮友的出现。他们在冠状病毒开始之前就已经活跃于已经建立起的各个兴趣小组中。

## 2. "我们如何提高狮友在新加坡的地位和形象品牌？"

- 狮子会与私营和公共机构合作，但我们在公共领域并不突出。我们需要通过社交媒体不断分享我们的诚意，并让合作伙伴为我们大力推荐。

- 当需要为受益人建造设备或提供固定装置时，我们应该探讨在明显可见地方安装或放置狮子会的标志。

- 或许，可以在LCS65 嘉年华上制作我们自己的狮子会吉祥物，并让它成为未来狮子会活动的标志，让大家认同，感受并记住它。

- 我相信品牌形象的提升，首先要从运动本身开始。

如果新成员加入分会后，他们在帮助社区和参与志愿服务方面有积极的经历，将能鼓励他们社交圈子里更多的人加入和参与。

但是，反过来如果一个会员被内部人事政治化被幻灭，那么狮子会的整体形象肯定也会受到影响。

- 为了提高狮子会运动的地位和品牌形象，我们还必须关注我们与会员和社区的各种机会和接触点。

我最近和分会的一些新会员一起参加了八月份的迎新会员讲习班。

对我来说，在狮子会工作了一段时间，了解到这是对国际狮子会的历史和意义以及我们所服务的各个相关附属机构深刻的介绍。然而，对于一个新会员来说，可能会是太多的信息。

区分享会活动是新会员与

308-A1

区内其他分会和资深狮友互动的一个很好的机会。因此，使各种社区和服务项目具有更多互动性介绍是好的。

3. "在我们被重新划分并授证为“309 新加坡区”的 5年后，您如何看待我们这区？"

- 在初始阶段，领导和理事会主席的竞争角力会有所不同。
- 我希望“309 新加坡区”能保持一体而不是分裂。

资源共享，和谐共进，聚焦共同事业，来提升服务质量。

和谐，我们才能够提升狮子会的形象，带来积极的氛围，吸引更多的新会员。

- 我认为重新划分是我们在新加坡更紧密合作的好机会。

这的确是我们所要做的。

作为一个新的独立区，这形象和品牌显得更加重要，无论是狮子会运动本身还是在社区中。

"我们在 2022/2023 的前 3

个月看到的很多成果是您作为区总监多年来努力和辛勤工作的成果，您现在通过兴趣小组为我们提供了一起团契的机会，以及更好地让我们了解做人的道理。

我们还看到了您身为区总监积极地参与实地工作所付出的努力。"

总的来说，我们觉得这是一个良好的开端，奠定好了基础，我们共同努力，继续前进，昂然步入下一年段。



## Workshop on Club Quality Initiative (CQI)

*By District GLT Coordinator Lion Alvin Chan*

Our District Leadership Training Institute (DLTI) conducted a half-day workshop on Club Quality Initiative (CQI) on Saturday 8 October 2022 at the Furama Riverfront Hotel. A total of 30 Lions from 15 Clubs attended the workshop which was conducted in English and Mandarin.

*(The following are extracted from the workbook on CQI published by Lions Club International.)*

The objective of CQI is to help Lions discover ways to improve the way our Clubs operate.

The process of finding ways to improve Club quality consists of five steps:

1. Understanding the process of change;
2. Determining the need for change using critical assessments;
3. Determining priorities and establishing goals;
4. Developing plans; and
5. Implementing and sustaining change.

## 分会成功蜕变 (CQI) 研讨会

*由国际领导—协调员Alvin Chan(LCS Central)报导*

我们 308-A1 区领袖培训学院(DLTI)于 2022 年 10 月 8 日, 星期六于 Furama Riverfront 酒店举办了分会成功蜕变 (CQI)研讨会。

来自 15 个分会的 30 名狮友参加了分别以英语和华语的工作坊。

(以下摘自国际狮子会出版的 CQI 内容)

CQI的目标是帮助狮友们发掘和改进分会运作的方式。寻找分会成功蜕变的过程方法有五个步骤:

1. 了解变化途径;
2. 客观批判与评估以确定变革的必要性;
3. 确定优先并制定目标;
4. 制定计划;
5. 实施并维持变革。



Participants hard at work during the CQI workshop.



# Service Projects

## Service Projects by LCS Island

*By Lion Doris Lee*

- ✓ Annual Fund-Raising project for the Tangkak Lions Renal Centre on 24 July 2022 with LC Tangkak in Johor, West Malaysia.



- **LCS Island and LCS Jurong**

✓ Joint Project on 16 September 2022: to visit and provide community support service to Sehati Orphanage in Batam.





✓ Joint project with LC Batam Host in Benan Island on 17 September 2022: 1. Food for poor widows; 2. Vision Screening of school pupils; and 3. Environment Service - Tree Planting.





✓ Joint project with LC Batam Host on 18 September 2022: Beach Cleaning on Benan Island in conjunction with World Clean-up Day.



## Service Projects by LCS Ladyhill

*By Lion Mary Ong*

LCS Ladyhill is a ladies' Club with 25 members. Our motto "To Serve with Heart" is a strong motivating factor behind all of LCS Ladyhill's projects. Over the past 34 years, since the Club was chartered, our members are actively involved in service projects that bring joy and cheer to the less privileged, be they the elderly or the young. To sponsor and support our projects and District initiatives, as well as Lion entities such as LHE, LBSA, LCSF and others, our members actively raise funds, through our Annual Ladyhill Delights food and craft fair, sales of local products like archar and festive delicacies.

Here are highlights of two of our service projects:

Every month, one of our members will lead, curate and deliver baskets of fruits as well as cookies to Ahuva Good Shepherd for a group of young girls that are under their care and shelter.



On the last Friday of each month, LCS Ladyhill sponsors and members participate in serving meals to seniors at the Lion Befrienders Active Ageing Centres in Ang Mo Kio and Clementi.



Our members and friends also entertain the Seniors by playing games, exercising and enjoying karaoke together.



With the prolific number of phone scams all around us, we alerted the Seniors not to answer calls with prefix +65, not to click on links about receiving gifts, prizes and bank accounts; and not to be affected by calls from persons impersonating the authorities.



## 新加坡区 Ladyhill 分会的服务项目

由 Mary Ong 迎新会员区委主席报导

新加坡区 Ladyhill 分会拥有 25 名女成员。我们的座右铭“用心服务”是 Ladyhill 参与所有项目强大激励的推动动力。在过去的 34 年里，本会成立以来，我们的会员积极服务，为弱势群体不分年龄，送上欢乐和鼓舞。为了赞助与支持这些项目、308-A1 区以及狮子乐龄之家、狮子乐龄之友协会、狮子社区服务基会和狮子相关机构等，我们的会员都积极参与筹集资金，通过我会一年一度的 Ladyhill Delights 食品和手工艺品义卖会，销售本地开胃菜(archar)、节日佳肴与产品等。

以下是本分会两个服务项目的亮点：

每个月，我会的一名成员都会带领、策划和运送一篮子水果和饼干到 Ahuva Good Shepherd，为一群在他们所庇护照顾的年轻女孩。

在每个月的最后一个星期五，我会会赞助以及会员们都会为在宏茂桥和金文泰狮子乐龄之友协会的活跃乐龄中心为乐龄人士们提供膳食。

我会会员和朋友们为那里的年长者带来欢乐，一起玩游戏、锻炼身体和唱卡拉OK。

面对许多电话诈骗案的发生，我们不断提醒老年人不要接听前缀 +65 的电话，不要点击关于收礼物、奖品和银行账户的链接；不被冒充政府当局人员的电话所欺诈。

## Service Project by LCS Ascension

*By Lion Philip Phua*

LCS Ascension is operating a café in Manila, The Philippines, as a fund-raising project, called Club Hunger Project, to help needy widows and their children.

The Club took over the premises of an existing PPC franchisee and renovated it with funds raised in our District totaling about S\$5,100. The café has just started operations, selling the same food as the former PPC franchisee.

## 新加坡区 Ascension 分会 的服务项目

*由 Philip Phua. 足球区委主席简报*

新加坡区Ascension分会会在菲律宾马尼拉经营一家咖啡馆，为一项命名为“饥饿项目”筹款，旨在帮助贫困的寡妇及其子女。

分会接管了现有 PPC加盟商的场地，利用在区内所筹集的资金总额约\$5,100，对其进行了翻新。这家咖啡馆刚刚开始营业，销售以前PPC特许经营商相同的食品。



# Service Projects by Lions Club of Singapore Meyer

*By Lion Stella Lin Hou*

Lions Club of Singapore Meyer chartered in July 2014 by Charter President Elaine Ng. It is one of the many charity and community service organizations in Singapore engaged in providing services for the less fortunate and needy in our society.

This year is the 8th year of Lions Club of Singapore Meyer, with 51 members presently. We are still passionate about serving the elderly and those in need. Currently we are *inter alia*, engaged in conducting health programs such as exercise regimes for elderly at Activities Centers monthly.

Here are the new rounds of activities that we have already started this year.

- 21 July. Gastro-esophageal Reflux Traditional Chinese Medicine health talk delivered by Physician Tan Pei Jing, ECON Chinese Medicine via Zoom telecast and on-site talks.
- 21 July. Morning Exercise session. More than 40 seniors from four AACs participated.
- 18 Aug. 73 Elders from four AACs attended our health talk, soup demo and Exercise session via zoom telecast.
- 28 Aug. Our members supported the Riding for the Disabled (RDA) fundraising walkathon event named: "No Horse Run".
- 30 Aug. Lions Gardening Group headed by our PP Serene Ng organized a "Therapeutic Horticulture workshop" for the elders of LHE Bedok at its courtyard. This workshop was conducted by Tan Pei Qin of NParks.
- 7 Sept. Our Club together with Singapore Chinese Orchestra held a charity concert "Moon Capriccio" for the elders, students and friends at Singapore Conference Hall.
- 15 Sept. Traditional Chinese Medicine health talk. Elders from three AACs attended via Zoom or in person. Our CP, Elaine boiled herbal tea for the Elders.
- 15 Sept. Exercise session conducted by Guo Zhifeng.

The above activities are only the latest services, we have encouragement to work harder to make more people benefit from more community service projects and impetus to carry on our selfless acts for our nation.

## 新加坡区美雅狮子会

*使命：结合团结的力量，服务社会。愿景：使我们的社会更美好。*

新加坡区美雅狮子会由黄淑玲女士于 2014 年 7 月创办，它是新加坡众多慈善和社区服务组织之一，致力于为社会弱势群体和所需人士提供服务和帮助。

目前我们主要提供健康医疗方面的服务，例如，定期在老年活动中心提供针灸和运动保健活动。

今年是美雅国际狮子会成立的第 8 年，目前共有 51 名会员。我们依然充满热情地为年长者和所需人士服务，以下是我会今年新一轮开启的活动。

- 7 月 21 日，胃食道逆流的中医调养健康讲座。由宜康中医的陈佩晶医师主讲，有来自 3 个 AAC 的 71 名年长者及多名狮友通过 Zoom 出席。
- 7 月 21 日，晨运。超过 40 位年长者在 4 个 AACs 参加锻炼。
- 7 月 30 日，区内阁和分会会长们的就职典礼。
- 8 月 18 日，来自 4 个 AAC 的 73 位年长者积极参与健康讲座，炖汤教学和晨运。
- 8 月 28 日，我们的会员参加 RDA 举办的义走筹款活动，活动名称："没马跑"。
- 8 月 30 日，以我们的前会长 Serene Ng 为首的狮子园艺组，在 LHE Bedok 的花园里为住院的年长者组织了一个"治疗园艺工作坊"。由国家公园局的 Tan Pei Qin 主持。
- 9 月 7 日，新加坡区美雅狮子会与新加坡华乐团携手在新加坡大会堂举办慈善音乐会 "月乐"，招待年长者，学生及社会贤达。
- 9 月 15 日，来自 3 个 AAC 的长者们到场或通过 Zoom 参与中医健康讲座。我们的创会会长 Elaine 亲自为长者们烹煮了去湿补气茶。
- 9 月 15 日，晨运，教练为 Guo Zhi Feng。

以上活动只是近期的服务项目，我们还会继续努力，让更多民众早日受益于更多的社区服务项目，推动我们继续为国家无私奉献。





Therapeutic Horticulture workshop



Zoom exercise session





Zoom exercise session



Zoom Health talks session conducted via Zoom and live by Physician from Tan Tok Seng Hospital

# **Lions National Day Bake-In 2022 District Service Project**

## **Singapore National Day – 9th August 2022**

*By Lion Teo Bee Bee, District Bake-In Chairperson*

### **Background**

In conjunction with Singapore's National Day celebration, a group of like-minded Lions with a passion for baking decided to do something meaningful for the community amidst the pandemic.

### **Mission**

Bake, pack and distribute cookies to the less-privileged in Singapore, and to celebrate National Day with them.

### **Project Summary (2022)**

- The Lions National Day Bake-In Project was supported by members and friends from 20 Lions Clubs and Districts.
- A total of 35,800 cookies were baked and distributed to 1,790 beneficiaries located in 20 different venues.
- LCS ASCENSION, CLOVER, GALAXY, and KATONG sponsored a total of \$1100.
- Lion William Chua of LCS Fullerton sponsored cartons of boxes.
- A surplus of \$351.57 was handed over to our District for future District Projects.
- Certificates of Appreciation were issued to the 20 participating Lions Clubs, Sponsors, and Bakers for baking, donations, distributing and transportation.

### **What Is Next...**

- A Cookies Decoration Competition for seniors and children at the 65th Lions Carnival in March 2023.
- Planning to organise a 3D Jelly Demo (Gelatin) at the 65th Lions Carnival in March 2023 if possible.
- Planning to organise cookies baking class at SAVH.

## 国际狮子会新加坡区 308-A1

### 国庆烘焙分享服务新加坡国庆日 – 2022 年 8 月 9 日

由 Teo Bee Bee (LCS Clarke Quay) 烘焙项目区委主席报导

#### **背景:**

为了配合新加坡国庆庆祝活动，一群志同道合、喜爱烘焙的狮友们决定在疫情期间为社区做些有意义的事。

#### **使命:**

为新加坡的弱势群体烘焙饼干、包装和分发与他们一起庆祝国庆佳节。

#### **项目摘要(2022) :**

- 此狮子会国庆烘焙项目得到了来自区内 20 个分会的狮友和朋友们的支持。
- 烘焙了总共 35,800 块饼干，分发给 20 个不同社群的 1,790 名受益者。
- LCS ASCENSION、LCS CLOVER、LCS GALAXY 和 LCS KATONG 分会总共赞助了\$1100。
- 来自 LCS FULLERTON 分会的 William Chua 狮友赞助包装的纸箱。
- 盈余\$351.57 将移交给 308-A1 区赞助其他活动项目。
- 活动过后也颁发了 20 份感谢证书给参与的分会、赞助商以及参与烘焙、捐赠和运输分发者。

#### **接下来还有什么…**

- 2023 年 3 月 18/19 日在第 65 届狮子嘉年华举办老年和儿童饼干烘焙装饰比赛。
- 也会计划在嘉年华上主办 3D 果冻(明胶)演示及在 SAVH 开办饼干烘焙课程。



# **LSSC/SNEC WEBINAR EYE TALKS AND LIONS WORLD SIGHT DAY: EYE SCREENING PROJECT**

*By Lion Jennifer Chew*

*District Chairperson, Sight Preservation, Awareness and Action*

Lions SaveSight Centre (LSSC) and Singapore National Eye Centre (SNEC) organized three Eye Talks via zoom webinar in October 2022.

The topics covered in the Zoom webinar on 1st October 2022 attended, by an audience of 200, were:

- Topic 1: “Cornea Donation in Singapore”, was presented by Dr. Howard Cajucom-Uy (Assistant Director, Singapore Eye Bank, SNEC)
- Topic 2: “Glaucoma and its management - what you need to know”, was presented by Dr. Low Jin Rong (Consultant, Glaucoma Department, Singapore National Eye Centre)

The topic covered in the Zoom webinar on 8th October 2022, attended by an audience of 112, was on “Glaucoma and its Management” which was presented in Mandarin language by Dr. Low Jin Rong (Consultant, Glaucoma Department, Singapore National Eye Centre).

The topics covered for the Zoom webinar on 15th October 2022 attended, by an audience of 160, were:

- Topic 1: “The Sun & the Ocular Surface: Cornea Conditions & Pterygium and their management ”, was presented by Dr. Ong Hon Sing (Consultant Corneal & External Eye Disease Department, SNEC)
- Topic 2: Talk in Mandarin “Keratoplasty - how to treat corneal disease”, was presented by Dr. Lim Li (Senior Consultant, Corneal & External Eye Disease Department, Singapore National Eye Centre)

The moderator of the above three zoom webinars was Dr. Allan Fong, Head of Cataract & Comprehensive Ophthalmology Department, SNEC, who is also the 1st Vice Chairman of LSSC.

## **LIONS WORLD SIGHTDAY: EYE SCREENING PROJECT**

The annual LSSC eye screening project resumed this year. Lions World Sight Day 2022 was successfully held at the Bukit Batok Community Club on Sunday 9th October 2022 at 8.30am to 12.30pm. The GOH who graced the event was the Bukit Batok CCC Chairman, Mr Lim Boon Lye, BBM. Our District Governor, Lion Ho Sum Kwong and VCC IPDG Lion Lesa Gan were also present at the event. There were 240 seniors who turned up to have their eyes screened. 140 pairs of reading glasses and 230 pairs of sunglasses were dispensed to the seniors.

The LSSC regular local eye screening project was carried out on 27<sup>th</sup> November 2022, and catered for 100 seniors at Lions Befrienders' Ang Mo Kio Active Aging Centre.

Look out for the next event in the LSSC calendar:

### **Braille Fun & Lunch In The Dark**

Date: Sat, 14 Jan 2023 Time: 10.30am to 2pm

Venue: SAVH, 47 Toa Payoh Rise, S298104 40 pax only, first come first serve.

## 狮子护视中心 (LSSC) 与新加坡全国眼科中心 (SNEC) 网络研讨会，以及狮子世界视力日眼睛检查活动

由 Jennifer Chew 区委主席(视力保护、意识与行动)报导

LSSC 与 (SNEC) 在 2022 年 10 月通过 Zoom  
网络研讨会上完成了三场眼科讲座。

第一场 - 2022 年 10 月 1 日的网络研讨会会有 200  
名参与者，涵盖的主题包括：

主题 1: “新加坡的眼角膜捐赠”，由 Howard Cajucum-Uy 医生  
(SNEC 新加坡眼库助理主任) 主讲。

主题 2: “青光眼及其管理 - 你所需要知道”，由 Low Jin Rong 医生  
(SNEC 青光眼科顾问) 主讲。

第二场 2022 年 10 月 8 日的网络研讨会会有 112  
名参与者，涵盖的主题是“青光眼及其管理”，由 SNEC Low Jin Rong  
医生以华话演讲。

第三场 2022 年 10 月 15 日的网络研讨会会有 160  
名参与者，涵盖的主题有：

主题 1: “太阳和眼表部：眼角膜状况和翼状胬肉及其管理”，由 Ong  
Hon Sing 医生 (SNEC 眼角膜和外眼部疾病科顾问) 主讲。

主题 2: 华语讲座“眼角膜移植术 - 如何治疗眼角膜疾病”，由  
Lim Li 医生(SNEC 眼角膜及外眼部疾病部高级顾问 SNEC) 主讲。

以上三场研讨会的主持人是 SNEC 白内障与综合眼科主任 Allan Fong  
医生，他也是 LSSC 的第一副主席。



## 狮子世界视力日眼睛检查活动

一年一度的 LSSC 眼科检查活动现已恢复。2022 年狮子会世界视力日于 2022 年 10 月 9 日，星期日上午 8 时 30 分至下午 12

时 30 分在武吉巴督社区俱乐部成功举行。

出席活动的大会嘉宾是武吉巴督社区俱乐部主席 Lim Boon Lye BBM 先生。我们的区总监 Ho Sum Kwong 和上一任区总监 Lesa Gan 也出席了此活动。有 240 名乐龄人士前来接受检查。总共分发了 140 副老花眼镜和 230 副太阳眼镜。

下一个即将来临的 LSSC 定期眼睛检查活动已定在 2022 年 11 月 27 日，地点是位于宏茂桥的狮子活跃乐龄中心，将会为 100 名乐龄人士提供检查服务。

请关注将来临的 LSSC 活动：

“ 漆黑中进行盲文游戏与午餐 ”

日期：2023 年 1 月 14 日，星期六

时间：上午 10:30 至下午 2 点

地点：SAVH, 47 Toa Payoh Rise, Singapore 298104

仅限 40 人参加，先到先得。

## Peace Poster Contest 2022-2023

*By Lion Ho Yu Xian  
District Chairperson, Peace Poster*

233 artworks were submitted by 29 schools for this year's Peace Poster contest in our Sub-District 308A1. 64 Lions Clubs and 14 Lions provided sponsorships for 203 participants.

All qualified participants received Certificates of Participation, Peace Poster Pins, and Notebooks.

After several rounds of judging conducted by professional artists (Daniel Peh, Ng Peng Sing and Steven Fang), the winners were finally selected on 2 November 2022. The Grand Prize Winner of this year's 308A1 Peace Poster Contest was Rizqah Eryna Binte Mohd Hafiz, a 13-year-old student from Hillgrove Secondary School. Her entry was sponsored by Lions Club of Singapore Ladyhill.

The prize-award ceremony for our District 308A1 contest was conducted on 11 November 2022, at the Macpherson Community Club with our DG SK Ho as the Guest-of-Honour.



Grand Prize Winner





Grand Prize Winner, Rizqah Eryna Binte Mohd. Hafiz (Age 13), a student at Hillgrove Secondary School.







Judges at work

Below is a message dated 29 November 2022 from PDG Lion Jason Kon, Chairman of the Multiple District 308 Peace Poster Contest.

“I received four Peace Posters from Sub-Districts A1, A2, B1 and B2, as well as one Peace Essay from Sub-District B2.

“Good news! The MD 308 selection of the winning Peace Poster was done today at Sub-District 308-B Lions HQ at 12.00pm by three very famous and experienced local non-Lion Professional Artist Judges. They unanimously agreed and selected Sub-District 308-A2 Peace Poster by Constance Choo Wen Hui of SRJK(C) Syn Hua Sandakan, submitted by LC of Sandakan City.

“The sole Peace Essay entry was submitted by Justin Choy Kim Siang of SK Klang, submitted by LC Bukit Mertajam Horizon, Sub-District 308- B2. Both the winning Peace Poster and the Peace Essay forms were duly signed by CC Kenny Low and are ready to be posted to LCI HQ, Brand & Creative Dept, Oak Brook, IL, USA.

“Congratulations to Sub-District 308-A2 for Peace Poster and Sub- District 308-B2 for Peace Essay. We hope for the best, at least a Merit award if not the Top award. The final result will be out in February 2023.”

## 和平海报比赛 2022-2023

由 Ho Yu Xian(LCS Goodlink) 和平海报区委主席报导

总共有 29 所学校共提交了 233 件作品参加今年国际狮子会 308-A1 新加坡区的和平海报比赛。64 个分会和 14 名狮友为 203 名参与者提供了赞助。

所有合格的参与者都获得了参与证书、和平海报别针和笔记本。

经过专业艺术家(Daniel Peh、Ng Peng Sing 和 Steven Fang)的多轮评审，最终于 2022 年 11 月 2 日选出获奖者。

今年 308-A1 区和平海报比赛的大奖得主是 Rizqah Eryna Binte Mohd Hafiz，一位来自 Hillgrove 中学的 13 岁学生。她的参赛作品由 Ladyhill 分会赞助。

308-A1 区比赛颁奖典礼于 2022 年 11 月 11 日在 Macpherson 社区俱乐部举行，由区总监何沁光担任颁奖嘉宾。

以下是 308 复合区和平海报比赛主席前区总监 Jason Kon 于 2022 年 11 月 29 日所发布的消息：

“我收到了 A1、A2、B1 和 B2 的四张和平海报，以及 B2 的一份和平征文。”

“好消息！今天中午 12 点在 308-B 区狮子会总部进行了 308 复合区和平海报的评选工作，由三位非常著名且经验丰富的当地非狮友专业艺术家评委完成。”

“他们一致同意并选择 Constance Choo Wen Hui，来自山打根 SRJK(C) Syn Hua 的和平海报作品，由 308-A2 区 Sandakan City 分会所赞助。”

“唯一的和平征文是由 308-B2 区，SK Klang，Bukit Mertajam Horizon 分会的 Justin Choy Kim Siang 所提交的。”

“获奖的和平海报与和平征文参加表格均由复合区主席 Kenny Low 正式签署，并准备发送到美国 Oak Brook, IL 州总部，品牌与创意处。”

“恭喜 308-A2 区获得和平海报和 308-B2 区和平征文奖项。我们希望他们会得到更高的荣誉或优异奖。最终成绩将于 2023 年 2 月公布。”

# **Lions 65 Community Service Carnival**

*By Lion Henry Liang, Organising Chairman*

As 2023 marks the 65<sup>th</sup> year of Lionism in Singapore, we wish to commemorate this milestone with a Community Service Carnival on 18<sup>th</sup> and 19<sup>th</sup> March 2023, at the MPC @Khatib (opposite Khatib MRT, in front of Blk 838 Yishun Street 83) from 10am to 10pm.

We anticipate a turnout of 10,000 people across the two days. The Carnival will comprise interesting bazaar stalls, food trucks, exciting activities, and stage entertainment for audiences of all ages. To inculcate greater fellowship, there will also be mass activities such as a Walkathon, Cycling event, Educational Health Talks, Pets' Parade, and Children's Art Competition, to engage everyone in our community from all walks of life. We also want to share our Lions movement with the public, especially the residents of Nee Soon and the northern region of Singapore as we hope to recruit more volunteers to join us and serve together.

As part of our celebration, we are planning to host a two-day Charity Luncheon (more details to follow) with a goodie bag of daily essentials for 1,000 beneficiaries comprising seniors from Lions Home for the Elders, Lions Befrienders Service Association (Singapore), Lions Protheses Centre (Singapore), and Lions SaveSight Centre (Singapore), the disabled, destitute, and unfortunate kids in homes and orphanages. On Sunday 19<sup>th</sup> March 2023, we will be hosting our 65<sup>th</sup> Celebration Dinner for Lions and friends. We hope you would be able to join us in celebrating this joyous occasion of great fellowship and fun as we have exciting activities lined up for you and your friends to enjoy the night. We also hope to take this opportunity to acknowledge our Donors, Sponsors, fellow Lions, and their friends.

Looking forward to your participation and strong support for this celebration event. Thank you for your continuous support. To learn more and/or be part of the team, please do not hesitate to reach out to:

- Organising Chairman: Lion Henry Liang (LCS Galaxy) 96273800.
- Deputy Chairman: Lion Lim Eng Heng (LCS West) 97390336.
- Vice Chairman: Lion Belinda Yap (LCS Clover) 96224594.
- Vice Chairman: Lion Alex Lim (LCS Tanglin) 98305581.



## 狮子会 65 年社区服务嘉年华

由 Henry Liang 筹委会主席报导

2023 年是新加坡区狮子会服务本地社区的 65 周年。为了纪念和庆祝这一里程碑，308-A1 区将于 2023 年 3 月 18 日至 19 日上午 10 点至晚上 10 点在 MPC @Khatib (Khatib 地铁站对面，义顺 83 街组屋大牌 838 前) 举办社区服务嘉年华。

纪念活动通过精心地策划，包括有趣的市集、美味的大排档、多姿多彩的娱乐活动以及老少皆宜的舞台表演和游戏。

同时也会举办长途竞走、脚踏车骑行等健身活动，以及教育健康讲座、宠物巡游、儿童绘画比赛等，期待社区各界的踊跃参与。我们预计将有 10,000 人参加这两天的嘉年华。

基于狮子会“我们服务”的宗旨，我们也计划举办为期

两天的慈善午餐会，同时也为 1000

名受益人提供每日必备礼包，受益人有来自狮子乐龄之家、狮子乐龄之友协会、狮子义肢中心、

狮子护视中心，以及社区和疗养院的残障人士、贫困或需要援助的家庭及其他弱势群体和儿童。

我们也将于 3 月 19 日星期日主办 狮子会 65

周年庆祝晚宴。我们诚挚地邀请您和您的分会会员出席并与我们一起庆祝这个欢乐的时刻，度过一个享受美食、友谊与快乐的夜晚。我们借此机会感谢我们的捐助者、赞助商、狮友及他们的朋友的支持。

期待您的参与和对本次庆典活动的大力支持。

感谢您一直以来的支持。

如果想了解更多信息或成为团队的一员，请随时联系：

- 筹委会主席：Henry Liang (LCS Galaxy) 96273800。
- 副主席：Lim Eng Heng (LCS West) 97390336。
- 副主席：Belinda Yap (LCS Clover) 96224594。
- 副主席：Alex Lim (LCS Tanglin) 98305581。

## Lions Interest Groups

### Lions Karaoke Group

by Lion Loh Yan Poh

The Lions Karaoke Interest Group held its Mid-Autumn Festival session on Sunday, Sept 25 evening, using a combination of Live Studio and Singing from Home via Zoom. It was well attended by 43 Lions from 28 Clubs and some friends. Lively singing, fun costumes and wonderful fellowship.

### 卡拉OK 兴趣小组

由 Loh Yan Poh (LCS Stamford) 卡拉OK 区委主席汇报

狮子会卡拉OK 兴趣小组于 9 月 25 星期日晚上举办了中秋节活动，结合现场直播和通过 Zoom 在家歌唱。共有来自 28 个分会的 43 名狮友和一群朋友们参与。当晚有美妙的歌声，有趣的服饰，又有欢乐的情谊。

这一群热情的歌手将于12月17日于勿洛的狮子乐龄之家再次举办一场圣诞庆祝会，歌手们计划演唱两首传统的圣诞歌曲，分四个部分演出，会有熟悉的圣诞曲调与一首二重唱。



The poster features a large yellow full moon in the center with the Chinese characters '中秋' (Mid-Autumn Festival) written in black calligraphy. Silhouettes of people are shown against the moon, some holding lanterns. The background is a dark blue night sky with stars and a few floating lanterns. The foreground shows a wooden floor with the silhouettes of three people (two adults and one child) standing and looking up at the moon. The Lions International logo is in the top left corner. The text 'LIONS KARAOKE GROUP PROUDLY PRESENTS' is written in large, bold, red letters across the middle. Below this, the event details are listed in English and Chinese. A Zoom logo is in the bottom right corner.

**LIONS KARAOKE GROUP PROUDLY PRESENTS**

**MID-AUTUMN STUDIO/ZOOM SESSION**  
SUNDAY, SEPTEMBER 25TH, 7.30 -10.30 PM. \*  
VENUE: EXCLUSIVE STUDIO:  
10 UBI CRESCENT, UBI TECHPARK,  
LOBBY B #06-29, S'PORE 408564  
OR SING/LISTEN FROM YOUR HOME VIA ZOOM.  
OPEN TO ALL LIONS & FRIENDS.

**庆中秋 · 齐齐唱**  
日期：9 月 25 日（星期天）  
晚上 7 点半 -10 点半。  
现场或通过 ZOOM 在家中参与演唱。  
我们诚意邀请所有狮子会的狮友们参与。

PLEASE CONTACT:  
KJ LOH YAN POH 97522787  
MC ARANEA CHUA 97989328  
MC LAWRENCE SEW 96312763

**zoom**





(By Lion Serene Ng Ling Ling, LCS Meyer)



A group of enthusiastic singers put up two Christmas programmes for our seniors. The first one was at Lions Befrienders' Active Ageing Centre (AAC) at Ang Mo Kio, on 16 December at 12.00noon. This was held in conjunction with a Christmas hotmeal and karaoke event organised by LCS Ladyhill.

The second performance was held at the Lions Home at Bedok on 17 Dec at 4.30 pm. The singers performed two traditional Christmas hymns sung in four parts, some familiar Christmas tunes and one duet. The idea for these choir performances started from Lion Lely Chin of LCS Metropolitan.

The karaoke Christmas performances were in keeping with a tradition of carol singing started about 20 years ago. Some of the original choir members, such as Lion Lely Chin, Lion Frederick Koh (LCS Nee Soon) and Lion Reggie Goh (LCS Jurong) continued to be involved even to this day, twenty years later. This year, the musicians who kept the seniors happily singing along were Lion Justin Li (LCS Broadway) and myself on the keyboard, and Lion Melvin Liu (LCS Marine Parade) as the guitarist.

由 Serene Ng Ling Ling (LCS Meyer) 分区主席报导

圣诞节临近,

由一群热情的歌手们为我们的乐龄人士准备了两个圣诞节目。

第一场是在 12 月 16 日中午 12

点在宏茂桥的狮子乐龄之友协会活跃乐龄中心。这是由 Ladyhill 狮子分会所举办的圣诞午餐及卡拉 OK 表演, 两项活动是同时进行的。

第二场演出将于 12 月 17 日下午 4 时 30

分在勿洛的狮子乐龄之家举行。

歌手们将表演两首传统的赞美诗唱, 分四个部分演出, 会有熟悉的圣诞曲调与一首二重唱。

这项合唱团的表演是由来自 Metropolitan 分会的 Lely Chin 狮姐提倡的。

这次卡拉OK 表演保持了 20 年前开始的传统圣诞颂歌表演方式。

最初的合唱团成员, 例如狮友:Lely Chin (LCS

Metropolitan)、Federick Koh (LCS NeeSoon) 和 Reggie Goh (LCS Jurong), 在 20 年后的今天仍然继续参与此次活动。

今年, 能让乐龄人士们一起开心歌唱的音乐表演者还包括: Justin Li (LCS Broadway) 和我一起负责弹奏键盘, 以及吉他手 Melvin Liu (LCS Marine Parade) 也一起参与演出。





Christmas choir at Lions Home, Bedok.





## **Lions Squash Group**

*By Lion Trevor Xie*

The Squash Interest Group (SIG) for Lions was formed on 1st Oct 2022. Games are held at four glass courts located at 11 Blackmore Drive, S599986, beside King Albert Park MRT.

Cost: \$10 per session of 2 to 3 hours for court usage per player. Indoor court shoes needed and Racquets can be on loan.

Interested Lions please contact DC Trevor Xie at 9006 0909. Lions of all playing standards are welcome, whether novice or seasoned players.

## **壁球兴趣小组**

*由壁球兴趣小组区委主席Trevor Xie (LCS Centennial) 汇报*

狮子会壁球兴趣小组(SIG)于 2022 年 10 月 1 日成立。活动地点是 11, Blackmore Drive Singapore 599986 那里的四个玻璃壁球场 (在King Albert Park 地铁站旁边)。

参加费用：每位球员每次可使用 2 到 3 小时。使用场地每次费用为 \$10 。 需要自备室内球场鞋，但球拍可以租借。

有兴趣的狮友请联系区委主席 Trevor Xie

Hp:90060909。欢迎所有不同水平的狮友们，无论是新手或是老手都可参与。

## **Lions Cycling Group (LCG)**

*By Lion Jonathan Tan (LCS Katong)*

Lions Cycling Interest Group (CIG) was inaugurated on 23 October 2022 along East Coast Park with 11km cycling in fine weather.

District Governor SK Ho was there and he rented a bike to cycle with us.

The cycling ended with breakfast at a cafe (USDCafe, 171 East Coast Road) owned by Lion Tan King Guan from LCS Cherish.

The objectives of the cycling interest group are:

- fellowship by staying healthy and build our stamina,
- create awareness of our Lions Movement,
- sharing of Cycling information.

We have created our own logo and mascot. Next will be our own shirt/jersey, flag stand and other accessories. We hope to bring CIG further by participating in campaigns and to raise funds for charities through service projects.

Our tagline: Cycle Off Calories & Care.

## **狮友脚踏车兴趣小组 (CIG)**

*由分区主席 Jonathan Tan (LCS Katong) 报导*

狮友脚踏车兴趣小组(CIG)于 2022 年 10 月 23 日在东海岸公园拉开序幕，即日天气晴朗大家骑行了 11 公里路。

区总监何沁光也参与其中，租了一辆脚踏车和我们一起出发，启动 CIG。

骑行结束时，我们找到惜缘分会狮友 Tan King Guan 所经营的咖啡馆 (USDCafe) 位于 171 东海岸路，一起享用早餐。

脚踏车兴趣小组的目标是：

- 保持健康，建立友谊，增强体力；
- 推动狮子会运动意识；
- 共享脚踏车信息。

我们已经创建了徽标和吉祥物。接下来是衬衫 / 运动服，旗架和其他配件等等。我们希望通过CIG 活动为慈善机构筹集资金。

我们的标语：关怀, 骑走卡路里







**LIONS CLUBS INTERNATIONAL DISTRICT 308-A1**



**YEAR-END CELEBRATION WITH  
RECOGNITION OF CHEVRON AWARDS, MELVIN JONES DONORS  
ANNOUNCEMENT OF 22/23 NEW VOICES LIONS AWARD WINNERS**

**30 DECEMBER 2022  
YORK HOTEL SINGAPORE  
TIME: 7:00 PM**

**DRESS CODE: PARTY WEAR IN BLUE OR ORANGE**

**GUEST OF HONOUR: DISTRICT GOVERNOR HO SUM KWONG**

## Calendar of Events & Activities attended by DG SK Ho July-December 2022

<b>JULY 2022</b>	
1st July	Guest-of-Honour & Installation Officer of LCS KATONG.
2nd July	Cabinet College & Key Officers School in Singapore Recreation Club.
4th July	LCS65 Carnival Committee Meeting.
8th July	Guest-of-Honour at LCS GALAXY Installation in KINEX. Guest-of-Honour at LCS NANYANG & NANYANG GRACE Hari Raya Haji dinner serving 400 seniors.
12th July	LSSC MB Meeting.
15th July	Guest-of-Honour at LCS HOST Induction & Installation in Hotel Royal.
16th July	308B1 DG Inauguration & Installation of Cabinet Officers in Kuala Lumpur.
17th July	Guest-of-Honour & Installation Officer of LCS JI SIANG & RU YI.
21st July	Zoom Meeting with DCs of LCI Programs.
23rd July	308B2 DG Inauguration in Kuala Lumpur.
24th July	Fellowship Dinner hosted by MD308 Council in Kuala Lumpur.
25th July	MD308 1st Council Meeting in Kuala Lumpur.
29th July	Welcome Fellowship Dinner at Kam Boat Restaurant for overseas Lions attending A1 DGI.
30th July	DG SK Inauguration & Joint Installation of Cabinet Officers & Presidents at Orchard Hotel.
31st July	LCS RADIN MAS Charity Concert in Singapore Chinese Cultural Centre.
<b>AUGUST 2022</b>	
5th August	Delivery of National Day Cookies to SAVH.
6th August	1st Cabinet Meeting in Novotel@Stevens Hotel.
7th August	LCS ORIENTAL Induction & Installation at Orchard Hotel.
9th August	LCS CENTRAL National Day celebrations with Children in Singapore Recreation Centre.
10th August	LCS YIXIN Induction & Installation at Kam Boat Restaurant.
13th August	LPC AGM at Grassroots Club. LCS VANDA Induction & Installation at Park Regis Hotel.
14th August	LCS CHERISH Induction & Installation at One Farrer Hotel.
15th August	LCS NEE SOON Induction & Installation at Beaulieu House.
16th August	Region 2 Combined Zone Meeting at Kembangan Community Centre.
18th August	Dinner Meeting with LCS CHENG HUA, LCS ASIA-PACIFIC and LCS GLOBAL GINSENG at Pico Art Centre.
19th August	1st Honorary Committee Meeting in Long Beach Quayside.
20th August	District Orientation at SAFRA Toa Payoh. LCS CITY 30th Anniversary at Four Points.
23th August	LCS BEVERLY HILLS Induction & Installation in Qian Xi Farrer Park.
24th August	LCS WEST GMM at International Plaza.
31st August	308A1 DGI Appreciation Dinner at Yummy Palace.
<b>SEPTEMBER 2022</b>	
1st September	Launching of 61st MD308 Convention in Sunway City.
5th September	Mooncake Event at Grassroots Club hosted by 7 Lions Clubs.
7th September	LBSA MB Meeting.
9th September	MD308 Council of Governors Zoom Meeting.
13th September	308A1 Credentials Committee Meeting in LCSF. LCS ORCHARD Induction Ceremony in NUSS Suntec.
14th September	LCS KATONG Induction Ceremony in Kam Boat Restaurant.
17th September	Lions Befrienders Service Association AGM in Grassroots Club.
24th September	Lions Home For The Elders AGM in Grassroots Club.
27th September	LCS65 Carnival Committee Meeting.
28th September	LCS NASSIM Induction at Singapore Swimming Club.
30th September	LCS CENTENNIAL Induction at Four Points Hotel.

<b>OCTOBER 2022</b>	
3rd October	Cabinet 1st Quarter Review & Fellowship 1 in Imperial Grand Restaurant.
4th October	LCS65 Carnival Committee Meeting.
5th October	LBSA Charity Golf in Tanah Merah Golf & Country Club.
6th October	Cabinet 1st Quarter Review & Fellowship 2 in Imperial Grand Restaurant.
7th October	LCS TANGLIN 50th Anniversary at Chui Huay Lim.
9th October	World Sight Day.
15th October	LBSA Appreciation & Awards Lunch in Hilton Orchard Hotel.
18th October	LPC BOD Meeting
19th October	DLTI Admin Meeting
22nd October	LCSF Charity Concert in School Of The Arts.
23rd October	LCS EMERALD 30 Anniversary at One Farrer Hotel.
27th October	LCS ARCADIA 27th Anniversary at NUSS Kent Ridge.
29th October	LCS ROYAL 30/31/32 Anniversary in Chui Huay Lim.
30th October	LCS JURONG 55th Anniversary & LCS ISLAND 30th Anniversary in Singapore Recreation Club.
<b>NOVEMBER 2022</b>	
2nd November	MD308 Council of Governors Zoom Meeting. Peace Poster Judging in MacPherson Town Council.
4th November	LCS HOPE 3 Anniversary at Qian Xi Farrer Park.
5th November	LCS VANDA 34 Anniversary at Cathay Cineplex.
8th November	LSSC MB Meeting.
9th November	MD308 Council of Governors Zoom Meeting. LBSA MB Meeting.
11th November	Peace Poster Prize-Giving Ceremony in MacPherson Community Club. LCS CHONG PANG 7th Anniversary in Qian Xi Paya Lebar.
12th November	2nd Council Meeting in Four Points Hotel.
13th November	2nd Council Meeting in Four Points Hotel. World Diabetes Day Exhibition in HDB Hub.
15th November	Region 2 Combined Zone Meeting in Kam Boat Restaurant.
19th November	2nd Cabinet Meeting in York Hotel.
21st November	LCS CHENG HUA 7th Anniversary in Raffles Town Club.
25th November	Induction & Installation of ITE East Leo Club.
<b>DECEMBER 2022</b>	
1st December	IP Brian Sheehan & Lady Lori Visit to Singapore Welcome Fellowship Dinner in JiaHe Grand.
2nd December	IP Visit to Lions Home. IP Lunch with Heads of Lions Entities. Lions Home Appreciation & Awards Night.
3rd December	IP Brian & Lori departs for Sibu.
5th December	B2 Banquet Dinner with IP in Copper Mansion.
6th December	B1 Banquet Dinner with IP in Sunway Ballroom.
7th December	IP tour of Malacca and visit to PID Naga's home before taking flight to Sri Lanka in the evening.
10th December	LB Clementi AAC Christmas Party LCS BEDOK 35th Anniversary in Marina Bay Sands.
13th December	Lions International Stamp Club Chapter 12 15th Anniversary in Japanese Association.
14th December	DLTI Christmas Party attended by ID Jeff Huang.
16th December	LCS ARCADIA and LCS LOTUS Christmas Party with Morning Star in Bedok North. LCS MANDARIN 40th Anniversary in One Farrer Hotel.
17th December	LSSC AGM via Zoom. Training of Guiding Lion by DLTi in Clementi SAC. LCS KHATIB MANDARIN 26th Anniversary in Nee Soon East Community Hub.
18th December	LCS FEI YANG Charter Night in Chui Huay Lim.
19th December	LCSF MB Meeting.
20th December	LPC MB Meeting.
21st December	LCS KATONG Christmas Celebrations.
22nd December	ECP Walking Group Christmas Party.
26th December	LCS ADMIRALTY 5th Anniversary in SAFRA Toa Payoh.
30th December	District Year-End Party, Chevron Awards, Melvin Jones Donors & New Voices Awards.



*We Wish You a  
Merry Christmas and Happy New Year*



*Ho Sum Kwong  
District Governor*



*Dr Chey Chor Khoon*



*Jenny Tan*



*Vincent Lim*



*Lena Chen*



*Jonathan Foo*



*Steven Tan*



*Raymond Wee*



*Mary Ong*



*Joseph Lui*



*Simon Lim*

**District 308-A1 Singapore  
e-Bulletin Team**