



# **DISTRICT 309**

# **SINGAPORE**

# **2023/2024**

**E-BULLETIN 1st EDITION**  
**20 Dec 2023**



# DISTRICT 309 SINGAPORE E-BULLETIN 1ST EDITION CONTENTS



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

<b>Editor's Welcome Message</b>	<b>03</b>
<b>Greetings from the Desk of the District Governor</b>	<b>05</b>
<b>Activities &amp; Information at District Level</b>	<b>06</b>
 <b>Featured Projects</b>	
<i>Local Clubs Projects</i>	20
<i>Overseas Clubs' Projects</i>	26
<i>Joint Club Projects</i>	29
 <b>Lions Entities' Projects &amp; Events</b>	<b>37</b>
 <b>Lions Interest Groups</b>	<b>42</b>
<b>Upcoming Events</b>	<b>44</b>





# WELCOME TO THE INAUGURAL EDITION OF OUR LIONS CLUB'S D309 BULLETIN! 欢迎阅读国际狮子会第309区电子简报创刊号



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



## DEAR LIONS AND FRIENDS,

We are pleased to unveil the inaugural issue of our Lions Club's D309 bulletin. Through this bulletin's visually captivating pages, you will witness the profound impact and meaningful work that we, as Lions, ardently engage in.

It will be a dedicated platform to spotlight our initiatives, share compelling stories of service, and celebrate clubs' extraordinary achievements and milestones.

We invite every Lion, friend, and supporter to actively participate, contribute, and share your stories, experiences, and innovative ideas. Your involvement enriches our collective narrative and strengthens our mission of service.

A heartfelt appreciation goes to the dedicated Committee Members whose unwavering support and invaluable contributions have brought this initiative to fruition.

Yours in Lionism,  
**DC Michael Huang**  
Editor, Lions Clubs D309 Bulletin

## D09 EDITORIAL COMMITTEE MEMBERS

DG Yeo Siew Yam – Advisor

DC Michael Huang – Editor

CS Melvin Liu

CSM Yeoh Guan Huah

RC Russell Kwan

DC Sherwin Seow

DC Nancy Quek

DC Johnny Chia

Lion Stella Hou





## WELCOME TO THE INAUGURAL EDITION OF OUR LIONS CLUB'S D309 BULLETIN!

欢迎阅读国际狮子会第309区电子简报创刊号



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



### 尊敬的狮友和朋友们，

我们盛重地推出国际狮子会第D309区电子简报创刊号。通过这些图文并茂及感人的页数里，您将感受到我狮子会为社区服务付出的巨大冲击力和贡献有意义的工作。

此刊物会是一个专用的平台来聚焦我们的倡议，分享完成有意义的服务项目心得，以及颂扬我区特出的成果和里程碑。

我们诚挚邀请每位狮子会会员，友人和支持者踊跃参与活动，及分享您的故事，经验和有创意的思维。您的参与将丰富我们的集体实践和强化我们的服务使命。

衷心感谢期刊编辑委员会成员无怨的付出和及时编写感人的文稿，让我们在今天看到这首期电子简报面世的成果。

**DC Michael Huang**

第309区期刊主编

### D09 EDITORIAL COMMITTEE MEMBERS

DG Yeo Siew Yam – Advisor

DC Michael Huang – Editor

CS Melvin Liu

CSM Yeoh Guan Huah

RC Russell Kwan

DC Sherwin Seow

DC Nancy Quek

DC Johnny Chia

Lion Stella Hou







## GREETINGS FROM THE DESK OF THE DISTRICT GOVERNOR 总监致辞



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

Dear fellow Lions of District 309,

My warmest greetings to all as we embark on the launch of our inaugural District 309 e-Bulletin.

The publication of this e-bulletin serves as a platform to celebrate our collective achievements, share innovative ideas, and highlight the incredible work being done by Lions across our District. It reflects our collective strength, determination, and passion for making a difference. "Lions Serve Changing the World".



The efforts of every Lion whose dedication and service have made possible the launch of District 309's e-Bulletin. And through the pages of this bulletin, we aim and hope to foster collaboration between clubs, encourage engagement, and showcase the outstanding projects and initiatives undertaken by our clubs.

My sincere appreciation and heartfelt thanks to fellow Lions who had contributed their articles for this inaugural District 309 e-Bulletin and subsequent publications. I encourage each and every Lion to continue and actively participate, share insights, and collaborate with the District Editorial Committee to make the reading of our District 309 e-Bullet entertaining and meaningful.

Yours in Service,

**Lion Yeo Siew Yam**

District Governor 2023-2024

LCI District 309

尊敬的309区狮友们,

正当我们开展309区狮子会的旅程新章及创立我区的电子快报,我衷心给你们我最真挚的问候。这电子简报将通过这平台传播我区联手服务的成就,分享创新思维和突出本区一些极为赞好的狮子会员所安排的服务新闻。

我们希望能通过这些简报加强沟通合作,鼓励互动以及表扬我狮子会的出众项目和倡议。它将会反映了大家对改变现状的合作力量,决心和热情。“狮子会服务改变世界”。

每一位狮友的努力,奉献精神和服务使区的电子公告的推出成为可能的事。通过本公告的页面,我们的目标是并希望促进分会之间的合作,鼓励参与,并展示我们分会开展的杰出项目和举措。

我感谢为首届 309 区电子公告和后续出版物撰写文章的狮友们。我再次鼓励每位狮友继续积极参与,分享见解,并与区编辑委员会合作,使我们的 309 区电子子弹阅读变得有趣和富有成效。

为您服务,

**杨秀焱狮友**

区总监 2023-2024

国际狮子会309 区





# ACTIVITIES & INFO **@DISTRICT LEVEL**



District 309 Singapore 2023/2024

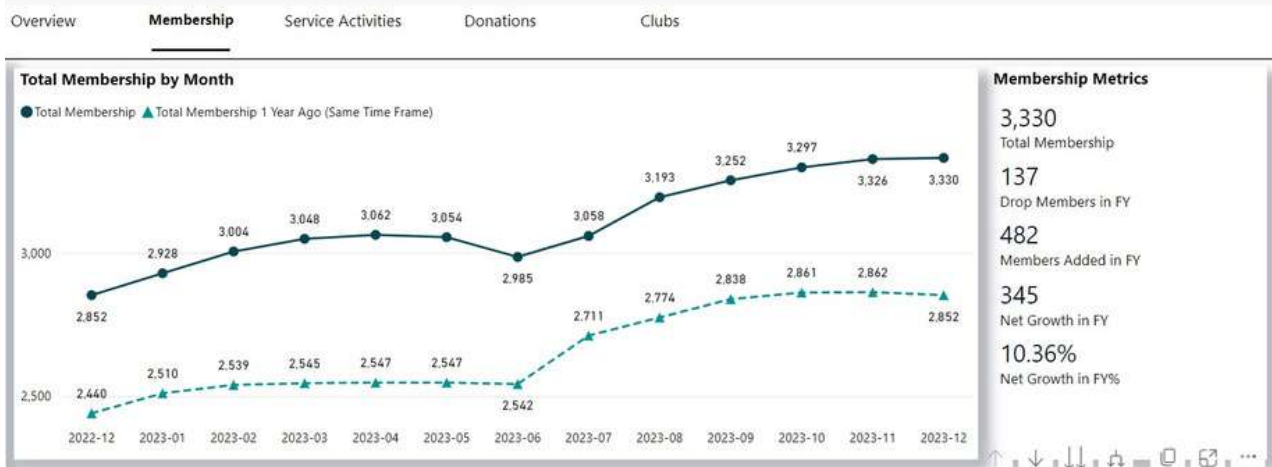


## LATEST INSIGHTS FOR D309

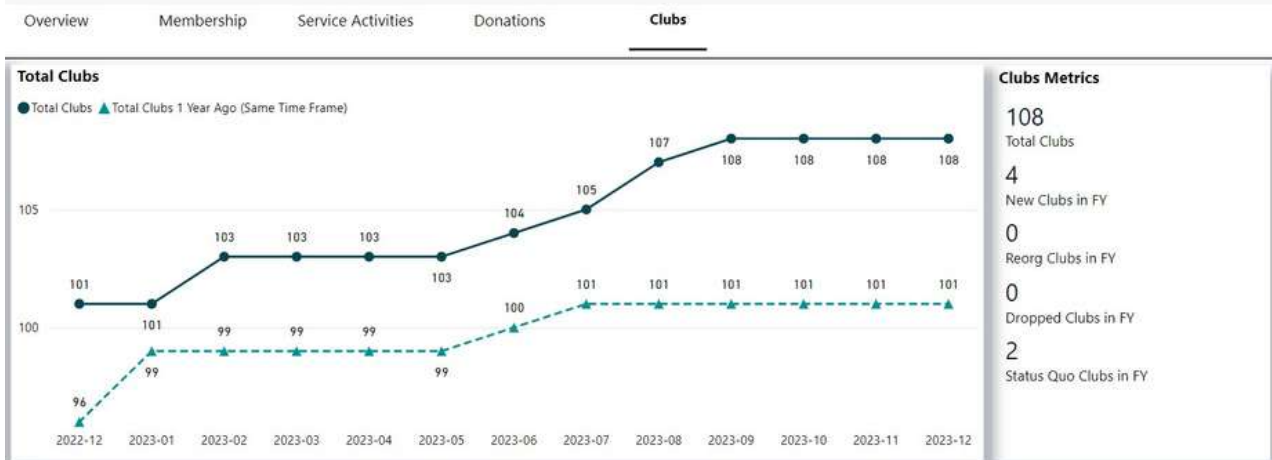


### Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

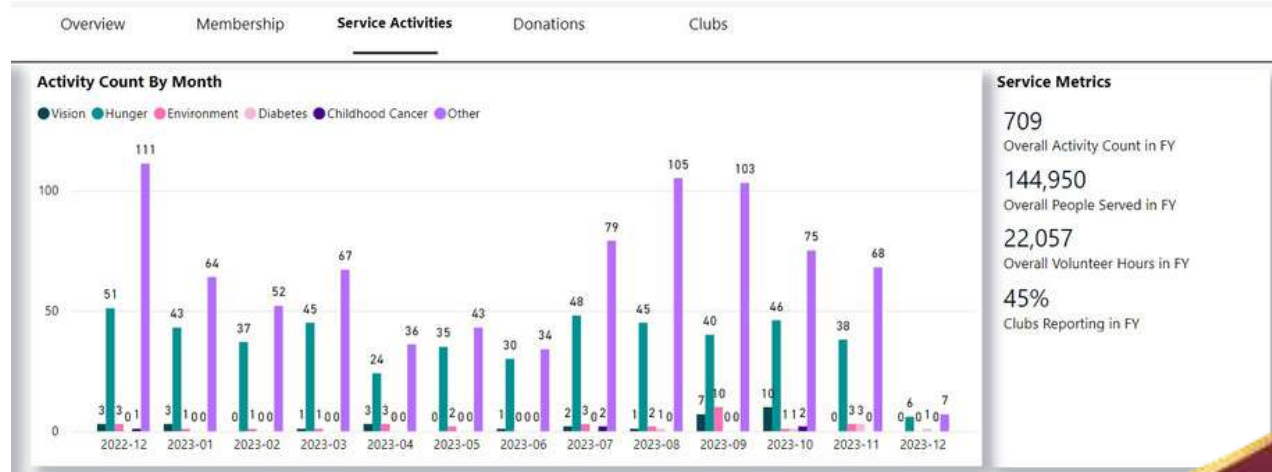
#### MEMBERSHIP GROWTH:



#### CLUBS GROWTH:



#### ACTIVITY COUNT:





# INAUGURATION OF LIONS CLUBS INTERNATIONAL DISTRICT 309 SINGAPORE



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



- Date of Event : 30th of July 2023 (Sun)
- Venue of Event :The Ballroom, Hotel Shangri- La
- No of Tables : 82 tables
- No of clubs participated : 90 clubs (83%)
- GOH - Mr Desmond Lee, Minister for National Development & Minister-in-Charge of Social Services Integration
- Special Guests:
  - Mr Eric Chua, Senior Parliamentary Secretary, Ministry of Culture and Youth & Ministry of Social & Family Development
  - Ms Ng Ling Ling, MP for AMK GRC
  - Ms Yeo Wan Ling, MP for Pasir Ris-Punggol GRC
  - PIP Dr Wing-Kun Tam
  - ID Jeff Huang
  - PID Ellis Suriyati

On 30th of July 2023, we successfully organised the inauguration of our new independent District 309 Singapore. DC Doreen Lee from LCS Fullerton and her hardworking committee members organised this event. In addition to commemorating our new District's launch, we witnessed our club presidents' joint installation in D309 by PIP Dr Wing-Kun Tam, followed by the installation of our Cabinet Officers for FY 2023-2024 by District Governor Yeo Siew Yam. This event marks a significant milestone for our District, commemorating the start of our Lions Movement in Singapore as an independent district.







# 国际狮子会第309 新加坡区就职庆典



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

- 日期: 2023年7月30日 (星期日)
- 场地: 新加坡香格里拉大酒店
- 宴席: 82
- 参与盛会的狮子分会: 90 (占83%)
- 大会主宾 - Mr Desmond Lee, Minister for National Development & Minister-in-Charge of Social Services Integration
- 特别嘉宾:
  - Mr Eric Chua, Senior Parliamentary Secretary, Ministry of Culture and Youth & Ministry of Social & Family Development
  - Ms Ng Ling Ling, MP for AMK GRC
  - Ms Yeo Wan Ling, MP for Pasir Ris-Punggol GRC
  - PIP Dr Wing-Kun Tam
  - ID Jeff Huang
  - PID Ellis Suriyati

在2023年7月30日, 我们成功地主办了第309区的第一次联合就职典礼。这得归功于筹委会主席LCS Fullerton的DC Doreen Lee 和她的任劳任怨得团队。除了纪念新区的开展外, 我们也见证了由PIP Dr Wing-Kun Tam主持的区域会长的联合宣誓就职典礼和总监Yeo Siew Yam主持的内阁成员的任命仪式。

这是我们第309区狮子会运动有意义的起步里程碑。





# D309 CABINET MEETINGS

## REPORT BY CABINET SECRETARY MELVIN LIU

(内阁秘书长MELVIN LIU之简报)



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

**To- date, District 309 held 2 district meetings as follows:**

- 1) 1st Cabinet Meeting on the 6th of August 2023 held at Holiday Inn Singapore Atrium
- 2) 2nd Cabinet Meeting on the 11th of November 2023 held at PICO Creative Centre



During the cabinet meetings, Cabinet Officers were informed about the updates on the status and completion of our district name change to Lions Clubs International District No. 309 under The Registry of Societies. Cabinet Treasurer Chua Soo Chiew also reported on the budget, which the Cabinet approved. Cabinet officers present for both meetings shared their goals, action plans, and challenges under their respective portfolios and many exciting ideas and practices were shared.

At the 2nd Cabinet Meeting, DG Yeo Siew Yam advised that there was no response to the Tender Notice (issued on the 7th of October 2023) to organise the 1st D309 Lions Convention as of the 27th of October 2023 closing date. Hence, with the full concurrence of the Cabinet, the D309 Cabinet would organise the convention, and the following Cabinet Officers were appointed:

- Convention Organising Chairperson (COC): GST Richard Khoo
- Co-Chairpersons: RC1 Rusell Kwan, RC4 Marilyn Low & RC6 Jonathan Tan

The date for the 3rd Cabinet Meeting is scheduled for the 2nd of March 2024.





# D309 CABINET MEETINGS

## REPORT BY CABINET SECRETARY MELVIN LIU

(内阁秘书长MELVIN LIU之简报)



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

至今国际狮子会第309区已经举行过两次内阁会议，详情如下：

1) 第一次会议在2023年8月6日于新加坡雅庭 假日酒店行 2) 第二次会议在2023年11月11日于PICO创意中心举行



在第一次会议里，内阁成员们了解了有关由新加坡社团注册局审理我新国际狮子会第309区注册事项的进展和完成的过程。内阁财政Chua Soo Chiew 所提出的本年度财务预算案也被内阁核准采纳。各个内阁成员接着分享其各自的服务目标，可预见的挑战及有创意之行动的想法。

区总监Yeo Siew Yam在第二次会议中报告时说到2023年10月27日截止日期，秘书处尚未收到任何分会对承办第一届第309区年会招标书（于2023年10月7日发出）的反馈。因此在全部内阁成员的同意下，本内阁将接手承办这年会并指派以下内阁成员成立工作小组：

- 年会筹委会主席(COC) 为GST Richard Khoo
- 年会筹委会副主席：RC1 Russell Kwan, RC4 Marilyn Low & RC6 Jonathan Tan

第三次内阁会议将在2024年3月2日举行。







# D309 CONSTITUTION & BY-LAWS AD-HOC COMMITTEE

## REPORT BY DC YING WAI LIN

### 区域主席 YING WAI LIN 之简报



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



The Ad-Hoc Committee for the Constitution & By-Laws (CBL) of D309 was established on the 14th of May 2023, with the responsibility of creating a new set of Constitution & By-Laws (CBL) for D309. The committee initiated the development of the draft for the proposed D309 CBL.

第309区宪法及规章特定委员会设立于2023年5月14日，宗旨是负责起草一套第309区全新的宪法和规章(CBL)。

While retaining aspects of the existing Constitution (former D308A-1), this new D309 CBL largely follows the current LCI Standard District Constitution and mandatory classes required by ROS.

PDG Isabel Cheong leads the committee, and its members include PCC Lim Hon Chee, DG Yeo Siew Yam, DC Ying Wai Lin and GST Richard Khoo.

除了保留现有D308A-1可适用的宪法章程以外，新的D309的宪法主要采纳了目前国际狮子会的标准区域章法及注入了新加坡社团注册局的强制条规。

PDG Isabel Cheong领导这工作小组。

其他成员有 PCC Lim Hon Chee, DG Yeo Siew Yam, DC Ying Wai Lin 和 GST Richard Khoo.

Observers:

- PDG Anthony Tay  
(District Honorary Committee Chairperson)
- IVDG Shirley Lee
- CS Melvin Liu

观察者:

- PDG Anthony Tay (区名誉委员会主席)
- IVDG Shirley Lee
- CS Melvin Liu







# LIONS INTERNATIONAL 37TH PEACE POSTER CONTEST REPORT BY DC HO YU XIAN

## 国际狮子会第37届和平海报竞赛 区域主席 HO YU XIAN 之简报



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

1<sup>st</sup> Lions Clubs International District 309 Singapore Peace Poster Contest 2023-2024

37<sup>th</sup> LIONS CLUBS INTERNATIONAL PEACE POSTER CONTEST  
**PEACE DARE TO DREAM**  
2023-2024 Awards & Prize Presentation  
MacPherson Community Club | Friday 10 November 2023

**GUEST OF HONOUR:**  
District Governor Yeo Siew Yam

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

Supported by:  
MacPherson Community Club

Judges:  
Dieky Deo, Dzulkarnaen • Steven Fang  
Ng Peng Sing • Daniel Peh



Annually, we engage in the Lions Clubs International Peace Poster Contest, and this year, under the theme "Dare to Dream", we are delighted to announce a remarkable accomplishment of securing 251 sponsorships from 81 Lions Clubs and 9 Individual Lion Members – a new record for us. A total of 29 schools actively participated as students submitted their creative peace poster designs. The winning artworks were chosen after a rigorous evaluation by our esteemed panel of judges. The awards and prize presentation occurred on the 10th of November, 2023, at MacPherson Community Club.

我们每年都有参与国际狮子总会和平海报竞赛而今年的主题是“敢于梦想”。很高兴得到81家狮子友会和9位以个人名义的狮友送来251份赞助。这是破天荒的记录。共有29间学校的学生参与这项目，呈交他们有创意的海报作品。最突出的作品是由一组有名望的评审员经过严格的挑选出来的。颁奖礼则在2023年11月10日在麦波申民众俱乐部举行。

The grand prize winner was Phan Hien An from Juying Secondary School, and the sponsor club was LCS Jurong. Her winning poster was entitled "A Place Where Dreams Exist". Her winning poster will be sent to LCI HQ to compete with the other winners at the international level, and we wish her all the best!

We want to attribute the success and extend our gratitude to the following:

- Peace Poster Organising Committee & District Photographers
- Panel of Judges
- District Governor Yeo Siew Yam
- Lions Clubs & Individual Lion Sponsors
- Participating Schools, Teachers, Staff, Students

首奖得主是聚英中学的Phan Hien An 而赞助的狮子分会的是LCS Jurong. 她的作品标题是“那是梦想存在的地方”。这作品将会被保送去国际狮子会总部与其他国际地区的参与作品比赛。我们祝愿她能成功。

我们之所以能顺利举办这活动，全靠以下诸位的协助，特此致谢：

- 和平海报筹备委员会委员&区摄影员
- 评审团成员
- 区总监Yeo Siew Yam
- 狮子友会 and 个人的赞助
- 参与的学校，教职员和学生们





# LIONS GIFT OF HEARING PROJECT

## REPORT BY DC JENNIE LEE



### 听力礼物的项目 区域主席 DC JENNIE LEE 之简报

Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



As part of efforts to care for our elderlies with hearing loss, the Lions Gift of Hearing project was organised by LCS Bedok in collaboration with the Lions Befrienders Service Association, Hearing Partners and Oticon.

Under Lion Befriender's and volunteer care, our elderlies will be screened by specialists from Hearing Partners, and Oticon brand hearing aids will be given to those with hearing impairment.

Individuals, Clubs or Organisation Donors can contribute via sponsorship in the following categories:

- Bronze - 5 sets - \$3,750
- Silver - 10 sets - \$7,500
- Gold - 20 sets - \$15,000
- Diamond - 50 sets - \$37,500

Donors were also invited to sponsor any other amount towards this meaningful project. A 2.5X tax rebate for each donation made in multiples of \$50 will be given.

为了照顾有需乐龄人士的听力消失，LCS Bedok联合狮子乐龄之友协会LB，Hearing Partner 和 Oticon 推广了狮子会听力礼物的服务项目。

通过了狮子乐龄之友和志愿人士的爱心安排，让这些长者由 Hearing Partners的专家检验和评估，然后提供适当的 Oticon 牌助听器给那些有听力障碍的人士。

个人，狮子会或单位可选择以下的分类来乐捐：

- 铜奖 - 5 套 - \$3,750
- 银奖 - 10 套 - \$7,500
- 金奖 - 20 套 - \$15,000
- 钻石奖 - 50套 - \$37,500

捐款多寡无任欢迎。愈\$50元倍数者可获得2.5倍税务回扣。





# LIONS GIFT OF HEARING PROJECT

## REPORT BY DC JENNIE LEE



### 听力礼物的项目 区域主席 DC JENNIE LEE 之简报

Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

**Gift of Hearing**

*This Christmas, we can change their lives.*

Hearing loss is one of the 12 modifiable risk factors for dementia. Untreated, hearing loss can lead to cognitive decline, social isolation & depression.

Lions Befriender's and volunteers' care together with Hearing Partners and Oticon brand hearing aid all join forces to make a difference for our elderly.

Under Lions Befriender's and volunteers' care, elderly will be screened by specialists from Hearing Partners.

Oticon brand hearing aids will then be given to those suffering from hearing impairment.

**THANK YOU FOR YOUR HELP:**  
**GET 2.5X TAX DEDUCTABLE RECEIPT\***

\* 1. Any amount of donations are welcome. However, due to administrative purposes, we will issue the tax deduction receipt of 250% for each donation of \$50 or more (non-accumulative). Kindly provide us your tax reference number (e.g. NRIC/FIN/UEI).  
2. All donations made are non-refundable; please confirm your donation before proceeding.  
3. All personal details will be treated in strict confidence.

For enquiries, please contact:  
Jennie at 9060 6002 or Richard at 9199 7777

Bank Transfer Details:  
DBS Bank  
LCS Bedok  
Account: 008-904165-7  
REF: NRIC/UEI-HEARING

A Project Initiative by: In Collaboration with:

The target is to reach 100 hearing aids at \$750 each. As of 22 Nov 2023, we have raised \$34,536. We want to thank the following who have donated:

- LCS Bedok - \$29,086.00
- Lion Teo Bee Bee (LCS Clarke Quay) - \$3,750.00
- LCS Vanda - \$1,500.00
- LCS Aurora - \$200.00

As the project is still ongoing, we will continue to reach out to invite more sponsors to contribute.

我们的目标是要筹到100套助听器的费用，每套为\$750。至今（2023年11月22日）我们欣慰已筹募到\$43,636。特别在此向狮子友会致万分谢意：

- LCS Bedok - \$29,086.00
- Lion Teo Bee Bee (LCS Clarke Quay) - \$3,750.00
- LCS Vanda - \$1,500.00
- LCS Aurora - \$200.00

由于这专项目前还在进行中，我们会更努力广招更多的乐捐者。







## LEO CLUBS INSTALLATION & INDUCTION REPORT BY DC FAUZIAH JAMAL

### 幼狮子会LEO CLUBS的就职和入会典礼 区域主席 FAUZIAH JAMAL 之简报



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



In the recent few months, we have witnessed the annual installation of the board of directors and induction of new members for 4 of our LEO Clubs: Temasek Junior College, Ngee Ann Polytechnic, Nanyang Polytechnic, and ITE College East. Members of their Sponsor Clubs were duly present to support and witness the growth of our LEO membership and new leaders coming on board to serve.

近几个月来，我们见证了6家新加坡幼狮会的就职和入会典礼：Temasek Junior College, Ngee Ann Polytechnic, Nanyang Polytechnic, 和 ITE College East. 他们的赞助狮子会的会员们也到场助兴及见证了幼狮会的成长和结识了新的领导层。



Here are some of the highlights of our LEO Clubs Installation and Induction ceremonies:

- 28 July 2023 - LEO Club of Ngee Ann Polytechnic I & I (Sponsor Club: LCS Raffles City)
- 28 July 2023 - Temasek JC LEO Club I & I (Sponsor Club LCS East)
- 30 Sep 2023 - LEO Club of Nanyang Polytechnic College I & I (Sponsor Club: LCS Royal)
- 24 Nov 2023 - LEO Club ITE College East I & I (Sponsor Club: LCS Compassvale)

附上一些精彩的就职和入会庆典的现场照。

- 2023年7月28日 - LEO Club of Ngee Ann Polytechnic I & I (Sponsor Club: LCS Raffles City)
- 2023年7月28日 - Temasek JC LEO Club I & I (Sponsor Club LCS East)
- 2023年9月30日 - LEO Club of Nanyang Polytechnic College I & I (Sponsor Club: LCS Royal)
- 2023年11月24日 - LEO Club ITE College East I & I (Sponsor Club: LCS Compassvale)







## LCI INTERNATIONAL PRESIDENT DR PATTI HILL'S VISIT TO CHINA



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According to the Chinese news channel ifeng.com, Chinese Premier Li Qiang met up with a delegation of Lions International, led by its International President, Dr Patti Hill, on 10 December 2023 in the Great Hall of the People, Beijing.

Premier Li showed his appreciation and admiration for the Lions Clubs International's active contributions to the world over the past many years. He acknowledged that Lions Clubs International had a long historical presence and was enthusiastic about providing services to the people.



鳳凰新聞台近日報道，中國國務院總理李強在2023年12月10日上午在北京人民大會堂會見我國獅子會總會長帕蒂希爾一行。

李強對國際獅子會長期從事慈善事業表示贊賞。他說國際獅子會是家百年老店，歷史悠久，長期秉持服務宗旨，體現了為人民服務的理念，令人敬佩。

WATCH NOW

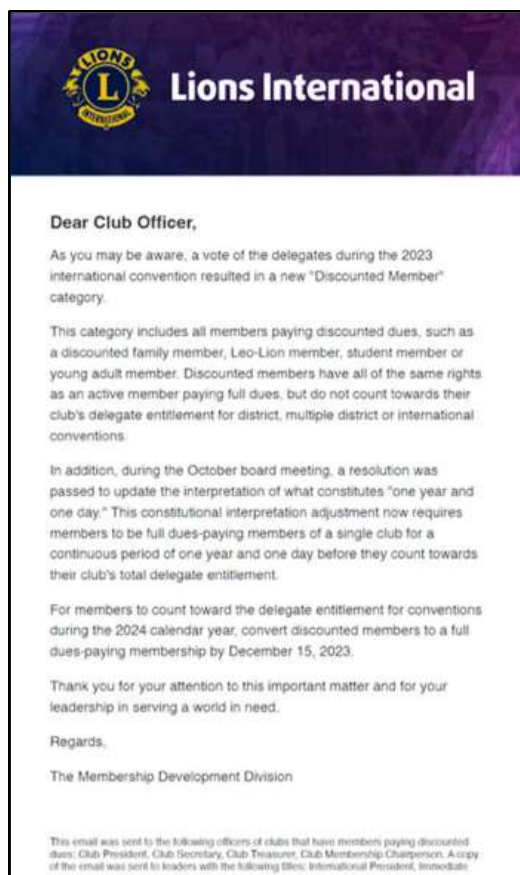




## NEW DISCOUNTED MEMBERSHIP CATEGORY UNDER LCI 有关国际狮子会打折 会员制度的修正



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



With effect 1 Jan 2024, all Family Memberships (Now known as under the new "Discounted Memberships") will not be counted towards respective clubs' vote entitlement for conventions in 2024.

Clubs were informed that if they currently have any Family Discounted Memberships, they will have to convert them to Full dues-paying memberships by 15 Dec 2023 if they wish to include them to count towards their club's vote entitlement for conventions in 2024.

Upon completing the conversion, LCI will invoice the club based on the updated membership accordingly.

The official message from LCI is as shown (see attached)

We have also prepared and sent a guide to clubs on converting Family Discounted Memberships to Full-Paying Memberships. (see attached)

Please refer to the attached Guide on how to do the conversion via myLCI. Please note that only the Club President or Secretary will have access to this feature to amend the memberships for their club.

根据国际狮子总会(LCI)的指示,从2024年1月1日开始,所有在家庭成员会员制度下的人数(现称为"Discounted Membership")将不能在2024年起在所召开的会员大会议(Convention)时再被计入其所属的狮子会里享有的投票资格人数。

因此若分会目前拥有家庭会员,而且欲保留于2024年后的有效投票资格人数,请在今年12月15日前尽早申请把您的家庭会员资格转换为全额付费的会员制度(Full Due-paying Membership)。

一旦转换成功,LCI将会跟进调整来年分会会员费的发票。请参照附件,这是由国际狮子总会发出的公文:

秘书处已编写一份如何转换会员资格的指南并已邮寄给个友会。

附上的指南教导如何利用myLCI网站来操作。

唯有友会会长或秘书长才能被准许上该网站来做转换会员资格的运作。





# FEATURED PROJECTS:

LOCAL CLUB PROJECTS



District 309 Singapore 2023/2024





## FOOD BANK PROJECT BY LCS FEI YANG



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



招募



义工

送巧克力牛奶粉劳工宿舍客工  
巧克力牛奶粉  
心意传递 尽在飛揚

LIONS CLUBS OF SINGAPORE FEI YANG  
ITEM NUMBER: 2324/08/05  
DATE: 01/10/2023 (SUNDAY)  
TIME: 10AM-12PM  
GUEST OF HONOUR: DG YEO SIEWYAM  
ADD: 49 ADMIRALTY RD W. SINGAPORE 75744  
CONTACT PERSON:  
CAI CHENGFEI 88760888  
TANG MU LAN 86911185

项目编号: 2324/10/008  
日期: 2023年10月1号 (星期日)  
时间: 上午 10 点至中午 12 点  
主宾: 杨总监, 新加坡 757444  
地址: 49 ADMIRALTY RD W. 新加坡 757444  
联络人:  
蔡成飞 88760888  
汤木兰 8691 1185

狮子会服务改变世界

  
23

09/2023

  
C P CAI CHENG FEI







## CHAIR YOGA FOR A HEALTHIER SENIOR COMMUNITY BY LCS BEDOK

### 椅子瑜伽 给与更加健康的乐龄社群： 聚焦LCS BEDOK的倡议



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



#### Overview

With the rise of ageing populations, prioritising seniors' physical and mental well-being is crucial. The Lions Club of Singapore Bedok has stepped up to the challenge with their Chair Yoga programme, aimed at enhancing the lives of elderly participants through tailored weekly yoga sessions at Lion Befrienders Blk 344 Clementi Active Ageing Centre and Blk 23B Queens Close (LB Mei Ling AAC). In an era where ageing populations are becoming increasingly prevalent, it is essential to address seniors' physical and mental well-being.

#### Key Benefits of Chair Yoga

- **Physical Health:** Seniors enjoy increased flexibility, strength, and balance, alleviated joint pain and improved mobility, making chair yoga ideal for those with limited movement.
- **Mental Well-Being:** The programme's focus on meditation and mindfulness aids in reducing stress and anxiety, fostering a sense of calm and contentment.
- **Social Engagement:** The classes provide a socialising platform, helping
- **Energy and Vitality:** Regular participants report a boost in energy, combating fatigue and enhancing their daily activity levels.
- **Improved Posture:** The exercises strengthen core muscles, reduce back strain, and promote an upright posture.
- **Sleep Quality:** Chair yoga's relaxing effects help seniors achieve better sleep, easing the path to a more restful night.
- **Pain Management:** The program offers a gentle approach to managing chronic conditions like arthritis, easing pain and improving joint function.
- **Cognitive Health:** Chair yoga can improve mental clarity, memory, and concentration, supporting seniors' cognitive function.

#### Conclusion

The Lions Club of Singapore Bedok's Chair Yoga programme is a shining example of club-driven initiatives making a significant difference in seniors' health and happiness. By providing a means to stay physically active, mentally alert, and socially connected, the programme plays a vital role in helping seniors lead fulfilling lives, demonstrating the club's dedication to serving the ageing members of our society.





## CHAIR YOGA FOR A HEALTHIER SENIOR COMMUNITY BY LCS BEDOK

### 椅子瑜伽 给与更加健康的乐龄社群： 聚焦LCS BEDOK的倡议



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

#### 概述

随着人口老化的增长，确保乐龄人士的体格和精神健康就必须得到优先考虑。LCS Bedok提升其练习椅子瑜伽方案的挑战度，主要是要通过每周在狮子乐龄之友协会Lion Befrienders Blk 344 Clementi Active Ageing Centre 和 Blk 23B Queens Close (LB Mei Ling AAC) 的瑜伽课程来丰富乐龄参与者的生活素质。在普遍人口老化的情况下，关注长者的体格和精神健康不容忽视。

#### 椅子瑜伽的主要益处:

- **体格健康:** 少走动的乐龄朋友会领会到体力有所增加，更好的平衡，少有关节疼痛和行动开始方便多了。
- **心理健康:** 此计划聚焦在思想的觉察和思考能力，可以减少压力和焦虑感，倍感觉到平和及满足感。
- **社交活动:** 课堂提供了一个很好的社交平台
- **能量和活力:** 经常出席者会发现能量有所促进，减少疲劳和提升日常活动的水平
- **姿势:** 此运动能加强肌肉，减少背部酸痛和推动站立的姿势
- **睡眠品质:** 椅子瑜伽有放松心情效果，有助于长者得到较优质的睡眠，休息的更好
- **疼痛的管理:** 此计划能协助一些慢性的病况如关节炎，优化关节的活动
- **健康的认知:** 椅子瑜伽可以提升思维清晰，记忆和注意力，和支撑认识判断的能力。

#### 总结

LCS Bedok的椅子瑜伽计划是个由狮子会倡议很好的例子，协助乐龄人士明显地促进健康和愉快的生活。此计划提供一种可以帮助乐龄人士保留身心活跃，思想敏捷和社交流畅，从而活得更充实。也表现了我狮子会对长者的关爱和服务。







# BY LCS 9INETY- 6IX FOOD DISTRIBUTION PROJECT @ CHINATOWN REPORT BY RC AMON LIM



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition







## SINGAPORE SPECIAL OLYMPICS (LCS MARINE PARADE)

### 新加坡特殊奥林匹克运动会 (新加坡马琳百列国际狮子会)



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



On 18th November 2023, members and volunteers from the Lions Club Of Singapore Marine Parade (LCSMP) lent our helping hand at the Singapore Special Olympics held at St Andrew's Mission School at Bukit Batok.

LCS Marine Parade 的狮友们和志工于2023年11月18日为在武吉巴督 St Andrew's Mission School 举办的新加坡特殊奥林匹克运动会伸出援手。



Special Olympics Singapore is part of a global organization, working with volunteers to assist athletes with intellectual disabilities (autism, down syndrome) in sports events.

This year, 40 athletes with intellectual disabilities participated in various sports, including special bowling, lawn ball, acrobatics fitness, and flexibility fitness.

LCSMP members and volunteers assisted as chaperons to groups of athletes to move between different fitness stations.

Volunteer dental and optometry groups also gave the athletes free dental and eye checks.

这特殊运动会是属于环球组织的一部分，专门为智能低下，生活不能自理的运动员（例如患自闭症者，唐氏综合症者）举办的运动竞赛活动。

本届共有40名智力残障的运动员参加各项运动项目，包括特殊保龄球，草坪球，杂技健身和柔韧性健身比赛。

LCS Marine Parade 的狮友和志愿者在现场充当监护角色，协助这群运动员转移去运动的地点。另一组牙科和验眼志工则为运动员们提供免费的专业检验。







# FEATURED PROJECTS:

OVERSEAS CLUB PROJECTS



District 309 Singapore 2023/2024



## OVERSEAS COMMUNITY PROJECT (VIETNAM) BY LCS BEDOK

### 国际狮子会LCS BEDOK在2023年10月间 来到了越南



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



Lions Club members accompanied Miss Vuong Kim Hang and Minh Phuoc Volunteer Group to visit and support May Ngan Shelter – Tay Ninh on October 20, 2023.

At the May Ngan Shelter facility, they were sponsoring 170 lonely/disabled /mentally disabled elderly people and 80 orphaned/disabled children.

在2023年10月20日，到访的新加坡狮友们陪同Miss Vuong Kim Hang 和 Minh Phuoc Volunteer Group 拜访及分发物资援助给与May Ngan Shelter – Tay Ninh。

在这May Ngan Shelter的设施, 来访者总共赞助了170名 孤独/独居/残障/智力有障碍的长者和80名孤儿或残障孩童。



Lions Club is a non-governmental organization operating in the field of charity, with the main focus being to support poor and disabled children and improve the environment. Founded in the US in 1916, Lions Club now has over 1.4 million active members in 200 countries and territories.

狮子会将会继续在越南推动慈善事业和民众活动。







## OVERSEAS COMMUNITY PROJECT (VIETNAM) BY LCS BEDOK

### 国际狮子会LCS BEDOK在2023年10月间 来到了越南



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



Miss Vuong Kim Hang shared: "I feel the suffering of the children and I also understand the boundless love, compassion and unconditional sacrifice of parents for their children. Witnessing the pain and difficult lives has inspired me to do more to help the less fortunate. Hope joy and happiness will always be with you every day."

国际狮子会是家非盈利慈善机构，目标是为贫穷和残障儿童提供援助和改善生活环境。该总会创立在美国始于1916年。现今已拥有一百四十万会员分布在全世界 200 国家和地区。

Miss Vuong Kim Hang 在分享时说: "我可以感受到孩童们的疼痛，也明白父母亲对孩子那无界限的大爱，怜悯和无条件的牺牲。我亲眼看到了这些苦难，激起我要做更多的工作给与这些较不幸运的人，希望喜悦和欢乐永随着他她们。"



Continue the meaning sharing, on the October 21, 2023, the party will continue to distribute 1,000 lunches to parents and relatives staying at the City Heart Institute and Hospital 115.

接着在21日到访的朋友继续分发 1000 午餐包给那些被安置在City Heart Institute 和 Hospital 115的家长 and 亲戚们。







# FEATURED PROJECTS:

JOINT CLUB PROJECTS



District 309 Singapore 2023/2024



## JOINT CLUBS ENVIRONMENT PROJECTS REPORT BY DC CAI XIAO FENG



### 环境环保活动 区域主席 CAI XIAO FENG 之简报

Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



**8月9号: 和环境合作的宣传环  
保捡垃圾活动**

**9 Aug 2023: Promotional  
Exercise to keep SG clean**

**30 Sep 2023: Beach Clean-up @ ECP with Joint Clubs & Lions Volunteers**  
**9月30号联合几个狮子会和义工的 200人海边捡垃圾活动**







# JOINT CLUBS ENVIRONMENT PROJECTS REPORT BY DC CAI XIAO FENG



## 环境环保活动 区域主席 CAI XIAO FENG 之简报

Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



### 1 Dec 2023: Joint Clubs Tree Planting Project at Bukit Batok East







## LIONS WORLD SIGHT DAY@SENGKANG CC BY DC JENNIFER CHEW



### 狮子世界视力日@盛港CC 区域主席 JENNIFER CHEW 之简报

Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



This year's annual LSSC eye screening service project, "Lions World Sight Day 2023" was successfully conducted on 15 Oct 2023 at Sengkang Community Club. This event was tied in with the LCI World Service Day for the month of October. It was the collective effort of Lions Savesight Centre, Singapore National Eye Centre, Sengkang GRC Grassroots Leaders, Sengkang CC staff and various Lions Clubs of Singapore volunteers. Some 302 seniors turned up and had their eyes screened; a few seniors were referred for urgent follow up eye treatment at any hospital eye clinics. the seniors each a goodie bag which contained eye-care brochures, near sight eye chart plus few souvenir items, after they had completed their eye screening.

Approx 40 Lions from various Lions Clubs of Singapore (including Lions Clubs who make sponsorship donations) and a few volunteers from grassroots leaders/members from Sengkang GRC were on site to assist the volunteer SNEC eye doctors and nurses. The Guest of Honour was Dr Lam Pin Min, Grassroots Adviser for Sengkang GRC and together with Special Guest, District Governor Yeo Siew Yam of LCI District 309.

今年的常年LSSC视力检验服务项目“2023年度狮子世界视力日”已经于2023年10月15日在盛港民众俱乐部成功举行。这活动是响应国际狮子总会所编订的10月份为狮子世界服务日而开展的，我们有赖狮子护眼中心，新加坡国家眼科中心，盛港GRC基层领袖，盛港CC职员和狮友们等的通力合作。

共有302乐龄人士出席视力检查活动；有几位长者在检测后被告知速往医院眼科室急诊。同时每位到访并参与视力检查的乐龄人士都获赠一礼包，内附上护眼信息传单，近视力测试图以及一些纪念品。

有来自不同的狮子友会的40狮友和一些盛港基层领袖及志工们都在现场协助执行义务工作的SNEC医生和护士们。

这活动的主宾是Dr Lam Pin Min, 他是盛港GRC基层顾问。特别来宾为我们的国际狮子会第309区总监Yeo Siew Yam.





# JOYOUS MID-AUTUMN FESTIVAL (CARE OUTREACH 2023) BY DC HO YU XIAN



## 欢乐的中秋(2023关爱外展)活动 区域主席 HO YU XIAN 之简报

Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



A record breaking event - Joyous Mid Autumn Festival (Care Outreach 2023) at Macpherson Community Centre. A project jointly organised by LCS Goodlink with Macpherson Aljunied Crescent Zone 2 RC and Wellness@Macpherson.

300 volunteers, supervised by 31 chefs made of 22,440 snowskin mooncakes in 1 day on 24-9-2023 (commenced at 7am) for needy families and elderly seniors islandwide. A total of 10K vulnerable individuals or 5,027 households received the freshly made mooncakes.

A total of 200 Lions from 26 Lions clubs and individually supported this record breaking event.

这回庆祝欢乐的中秋（2023关爱外展）的活动于麦波申民众俱乐部举行，成为一项破记录的专案。

LCS Goodlink联合了Macpherson Aljunied Crescent Zone 2 RC 和Wellness@Macpherson主催这活动项目，一组31名到现场指导志工们的厨司在2023年9月24日当天早晨7时开始，在一天之内成功制好了22,400可口雪皮月饼，并及时派送到全岛各地有需的家庭和乐龄人士。总共有1万弱群人士或5,027户人家受惠，直接收到这些新鲜制作的月饼。

共有26家狮子分会的200名狮友们参与了我们这项破纪录的善举。







## HEALTH CHECK & AWARENESS TALK ON DIABETES

REPORT BY DC TAN SIOK KANG

糖尿病健康检查及意识教育讲座区糖尿病主席  
区域主席 TAN SIOK KANG 之简报



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



The informative health talk provided valuable insights into maintaining a healthy lifestyle, and the thorough check-ups ensured the residents' peace of mind. The team's professionalism and attention to detail were evident throughout the event, making it a seamless and enjoyable experience for everyone.

Such joint club projects contribute significantly to the resident's quality of life, and we look forward to more collaborative programs in the future.

此讲座对如何保有个人健康的生活提供了宝贵的意见及强调参与全方面身体检查能确保身心安宁。演讲者的专业和对看法的细腻引述使到参与的听众们愉快地受惠不少。

此类的服务合作项目的确提升了居民的生活素质。我们将来会计划更多类似的合作专项。

On the 29th of Oct 2023 morning, LCS Emerald co-organised a health check-up and awareness talk on diabetes for residents at Hougang Community Club with Hougang AAC. This project was a joint club effort with seven other Lions Clubs: LCS Hope, LCS NinetySix, LCS Fei Yang, LCS Admiralty, LCS Garden City, LCS Capitol and LCS Esplanade Gold.

于2023年10月29日，LCS Emerald在后港民众俱乐部联合后港AAC主催一个糖尿病健康检查和意识教育讲座给当地居民。其他参与协助的七家狮子分会伙伴有 LCS Hope, LCS NinetySix, LCS Fei Yang, LCS Admiralty, LCS Garden City, LCS Capitol and LCS Esplanade Gold.







## S'PORE LIONS CLUBS FOOD COLLECTION & DISTRIBUTION CENTRE REPORT BY GMT SAMUEL TAY

### 有关新加坡狮子会食物收集及分发中心 GMT SAMUEL TAY之简报



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



Since 1987, four Lions clubs have launched a food collection and distribution program serving four nursing homes. This food collection program has stood the test of time and gradually expanded in size and scope. Currently, we work with 11 Lions clubs each week. Every Friday, rain or shine, the vegetables and fruits on trucks are collected from the Pasir Panjang Wholesale Center and delivered to the Blk 226 Kebun Bahru (Ang Mo Kio) distribution centre. Donations such as rice, eggs, rice noodles, cooking oil, poultry, meat, etc., from well-wishers are distributed to 14 charitable organisations.

自 1987 年以來，四家獅子會發起了食品收集和分发计划，共同为四家疗养院提供服务。這項食物收集计划經受到了时间的考验，並逐渐扩大范围。如今，我们与11個獅子會合作。每周五，風雨無阻，卡车上的蔬菜和水 果都會從巴西班让批发中心收集，並运送到大牌 226 Kebun Bahru(宏茂桥) 的配送中心。在这裡，捐赠米、鸡蛋、米粉、食用油、家禽、肉类等; 其他好心人的乐捐款项也將分发給14個慈善组织。

A Gratitude Night is held annually to thank our donors and volunteers. Besides service work, members organise entertainment activities and travel to Malaysia together. Everyone interacts with each other and enhances the friendship among members.

我們每年都会举办感恩之夜來答谢我们的捐款者和志工。除了服务工作 外，會員还一起举办娱乐活动、一起去馬來西亞旅游。大家互相互动，增进了会员们之间的友誼。



Current Project Members: Lions Clubs of Singapore Admiralty • East • Garden City  
Katong Mandarin • Khatib Mandarin • Mandarin • Marine Parade • Nanyang Grace  
Oriental • Seletar • Vanda







## JOINT CLUBS MULTI-GENERATION PARTY @BIRD PARADISE BY PP YEO THIAM WENG & PP DANIEL WONG



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26 Lions Clubs with 150 volunteers and friends participated in the Multi-Generation Party. We invited 80 seniors and 160 children beneficiaries for a tour of the Mandai Bird Paradise.

The beneficiaries were divided into Groups. Each group has 2 Lions/Volunteer Chaperons taking care of 1 senior and 2 children.

At the end of the event the beneficiaries were given a bento set and goodie bag to bring home.





## JOINT CLUBS PROJECT @BLK 7 NORTH BRIDGE ROAD BY DC PREM KHIATANI



### Lions Clubs International District 309 Singapore | E-bulletin 1st Edition

Volunteering is a selfless act of giving one's time, skills and resources to help those in need. It's the cornerstone of social responsibility in creating a more compassionate and equitable society.

Who better exemplifies this then our very own PP Lion Soh May Ling and her supportive husband PP Lawrence Hair Heng Seng from Lions Club of Singapore Nee Soon.

The "Block 7 North Bridge Road" project had its humble beginnings in January 1992 when PP May Ling was approached by the late PP Dolly Lim to assist her to serve food ration to about 50 needy families and also pay for part of their utilities at Blk 7, North Bridge Road.

Two months into the project and due to personal and economic reasons, PP Dolly Lim had to leave the project and requested PP Soh May Ling to take over the reins. PP May Ling approached her members from her club and they enthusiastically adopted the monthly project headed by PP May Ling. After all, The Lions motto is "We Serve".

Fast forward 31 years and the monthly project is still serving the community and grown to providing ration to over 120 residents in the various blocks at North Bridge road.

The project is funded by well-wishers from both the Lions clubs as well as temples. Over the years, LCS Bedok, Compassvale, East, Goldhill, Marine Parade and Tanah Merah have been actively involved in this meaningful project donating food rations and outright cash donations.

The list of the welfare families is provided for from Lions befrienders office in the vicinity. Typically, the rations include, rice, bread, instant noodles, biscuits, canned foods, drink packets, tissue paper and during festive season, moon cake and ang paws too.

By ensuring access to these basic essentials, PP May Ling and her volunteers improve the quality of life for these residents. It reflects in their twinkling smile and sparkling eyes as they collect their ration on the 1st Wednesday of every month.

The lions and volunteers in turn receive the warmth of blessings for their selfless act. They find the experience deeply rewarding and gain a renewed appreciation of life. The familiarity and monthly connection made with the residents can be life changing for those who offer their time and support in this fast paced digital world.

For PP May Ling and her merry band of volunteers... Its "Food for the soul"







# LIONS ENTITIES **PROJECTS & EVENTS**



District 309 Singapore 2023/2024



## LHE FLAG DAY 28TH AUGUST 2023



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



**TOTAL AMOUNT  
RAISED: \$252,957**







## 43RD LHE AGM 23RD SEPT 2023



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**At the LHE AGM, the following Lions were elected for following office for the year 2024 - 2025 :**

- 1) 2nd Vice Chairman 2023 -2025: Lion Russell Kwan (LCS Marine Parade)
- 2) Assistant Treasurer 2024 - 2025: Lion Daniel Wong (LCS Fort Canning)
- 3) Directors 2024 - 2025:
  - Lion Dallon Cheah (LCS Pearl's Hill)
  - Lion Lincoln Yeo (LCS Clarke Quay)
  - Lion Serene Ng (LCS Meyer)
  - Lion Wallace Chew (LCS Aurora)
  - Lion Yeo Geok Hong (LCS Sentosa)

Congratulations to all the successful candidates. Have a good term ahead.







## LBSA FLAG DAY 4TH SEPT 2023



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



**TOTAL AMOUNT  
RAISED: \$100,051**





## 29TH LBSA AGM 16TH SEPT 2023



Lions Clubs International District 309 Singapore | E-bulletin 1st Edition



**At the 29th AGM of LBSA, the following Lions were elected for following office for the year 2023-2024 /2023-2025 :**

1. Chairman 2023 - 2024: Lion Alex Lim (LCS Tanglin)
2. 1st Vice Chairman 2023 - 2025: Lion Nancy Quek (LCS Bedok)
3. 2nd Vice Chairman 2023 - 2024: Lion Yeoh Guan Huah (LCS Orchard)
4. Hon Secretary 2023 - 2024: Lion Tay Jia Ming (LCS Seletar)
5. Hon Asst Secretary 2023 - 2025: Lion Jennifer Ong (LCS Clarke Quay)
6. Hon Treasurer 2023 - 2025: Lion Cliff Goh (LCS Central)
7. Hon Asst Treasurer 2023 - 2024: Lion Henry Liang (LCS Galaxy)
8. Directors 2023-2024:
  - Lion Tony Yap (LCS West)
  - Lion Stella Kok (LCS Pearl's Hill)
  - Lion Jeremy Lim (LCS Forest)
9. Directors 2023-2025:
  - Lion Seet Kok Heng (LCS Mandarin)
  - Lion Leong Boon Cheng (LCS Tanah Merah)
  - Lion Amon Lim (LCS Ninety-six)

Congratulations! We wish the new Board a successful term ahead.







# LIONS INTEREST GROUPS



District 309 Singapore 2023/2024



## COME JOIN OUR LIONS INTEREST GROUPS BY DC LOH YAN POH



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### **Art/Painting**

- Art Exhibit visits & sharing sessions.

### **Bowling**

- Monthly bowling sessions.

### **Cycling**

- Coastal & Rail Corridor rides, Riding Under the Stars Charity.

### **Dancing**

- Social, line and sequence dance sharing sessions, NUSS dance workshops & events, bi-weekly Zumba.

### **Gardening**

- Visits to commercial gardens, Lions Home plot, sharing of plant care information.

### **Karaoke**

- Monthly sessions at clubs/studios or via Zoom, performances at Lions events, Lions AAC & Lions Home.

### **Movies**

- Cinema group viewing, sharing of commentaries & recommendations.



Lions continue to enthusiastically participate in the 20 interest groups established to foster enjoyable activities and fellowship while we serve the larger community. To date, more than 1,392 Lions have joined the various groups, up from 1,296 as of 1 July, 2023. Here are some examples of interest group activities.

### **Peranakan Culture**

- Guided tour of Peranakan Museum, visits to exhibitions.

### **Spirit & Liquor**

- Omakase & Sake Dinner, Upcoming Whisky & Siren Soiree.

### **Swimming & BBQ**

- Monthly swims & supper at Condo pools, Swim & Beach BBQ at East Coast Park.

### **Walking**

- Weekly routes in East Coast, Bishan, Botanical Gardens, Upcoming MacRitchie, followed by supper.

### **Wine**

- Burgundy Wine Tasting, Baijiu Appreciation Dinner, Bordeaux Second Wines, Crab & Nice Wines, Upcoming Ogier Wine Pairing.



We invite all Lions & friends to join one or more of the interest groups, to learn or practise a skill or hobby and enjoy fellowship through doing fun things together.





# UPCOMING EVENTS



District 309 Singapore 2023/2024



# UPCOMING EVENTS DEC 2023/2024



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## UPCOMING DISTRICT & KEY EVENTS IN 2024

DATE	EVENTS
17 Jan 2024	LCIF Online Seminar (Mandarin)
18 Jan 2024	Townhall Meeting on D309 CBL by D309 CBL Committee
22 Jan 2024	2nd Honorary Committee Meeting
24 Jan 2024	LCIF Online Seminar (English)
2-4 Feb 2024	Advanced Lions Leadership Institute (ALLI) (Busan, South Korea)
25 Feb 2024	D309 CNY Get Together
2 Mar 2024	D309 3rd Cabinet Meeting
28 Apr 2024	D309 1st Lions Convention
21-25 June 2024	106th Lions International Convention (Melbourne, Australia)
14-17 Nov 2024	61st OSEAL Forum (Pattaya, Thailand)

**KINDLY REFER TO OUR DISTRICT WEBSITE AT [WWW.LIONSCLUBS.ORG.SG](http://WWW.LIONSCLUBS.ORG.SG)  
FOR LATEST DETAILS AND UPDATES TO THE UPCOMING EVENTS AND MORE.**





