



LEG UP

Issue 2 • January 2022

For Distribution to Members of Lions Clubs in Singapore

Message from PDG David Lee, Chairman Lions Protheses Centre (Singapore)



My dear fellow Lions,

We were fortunate to receive donations from various Lions and Lions Clubs which enabled us to help 10 amputees to walk. Today, we challenge ourselves to double our assistance to 20 amputees to have a better quality of life.

Lions Protheses Centre (Singapore) (LPC) was registered with the Registrar of Societies in May 2020 and the daily operations were handled by our own Lions officers. However I'm happy to announce the recruitment of Ms Michelle Fong on 15 October 2021 as our Assistant Operations Manager. She was briefed on the various work duties in LPC and she is a fast learner.

LPC is working to collaborate with Tan Tock Seng Hospital (TTSH) and Singapore General Hospital (SGH) to help their amputees who do not qualify for government grants. TTSH is working on the details of the number of referrals to us and hopefully we can start the sponsorship to provide the prostheses to these amputees. We have recently helped an amputee referred to us by SGH. We are still liaising with them to have a constant flow of amputees for us to help. This fiscal year we look forward to sponsoring more amputees in collaboration with the hospitals and other organisations .

With your strong support in various areas especially in fundraising, the Lions will be able to give them the opportunity to walk again, to find suitable jobs and to have a better life.

Seasons greetings to each and everyone of you.

With warmest regards
David Lee



Interview with Dan Tinsley

How did this solo charity walk come about?

I have always wanted to walk around Singapore as a personal challenge and during a career break, I decided that the time was right to complete this challenging bucket list item.

Are you able to share some information about yourself?

I am originally from Wales (UK) and my profession for the last fifteen years has been leading teams to defend the global economy from cybercrime. As an advocate of mental health, I also help individuals with personal resilience coaching, and you can follow me on Instagram @liferebooting or at www.rebooting.life

When did you arrive in Singapore and when did you join Lions Club of Singapore Clarke Quay?

I have lived in Singapore for six years and continue to enjoy living in the country with my partner. I joined Lions Club in 2020 remotely due to the pandemic restrictions and I look forward to being able to participate in more events in person when the restrictions allow.



Who introduced you to Lions?

I was introduced by a local friend to SK and Tricia. I was instantly impressed by their passion and commitment to help the community and support many different causes.

Why did you choose to join Lions when there are many charities in Singapore?

While many charities exist in Singapore, I found Lions very welcoming during the pandemic. I also like the idea to be able to support many causes rather than focus just on one.

What was your motivation to walk solo for charity?

The idea came to me to use the network of the Lions to raise money for a cause that is close to my heart. I come from an active outdoors background where we take for granted the gift of mobility, and by supporting the Lions Prosthesis Centre, we can grant this gift to individuals who have been limited in life to be able to explore the beauty of Singapore once again.



How did you go about preparing for this walk?

During 2020 I aimed to complete 50km a month walking or running many routes around Singapore. Most of the RTI (Round The Island) route was completed in sections before the main attempt. I also adjusted my fitness programme and nutrition plan to focus more on endurance than strength building allowing my body to adapt to the energy demands placed on it. Also, as a Wim Hof practitioner and instructor in training, I have been utilising cold exposure (ice) to help build mental and physical resilience.

Where and what distances have you walked before?

I have been an ultra-distance hiker for a very long time. I have walked many difficult routes across the world from the Welsh mountains to jungles and deserts. This distance was the longest

I have walked continuously in a tropical and very humid climate.

This solo walk covered 169km over 3 days? What kept you walking on when I am sure you had sore feet and tiredness along the way?

The walk was completed over three days with seven hour recovery rest between each block. The main challenge was ensuring my feet and body were protected from burst blisters and ensuring correct fluid intake during peak sun. The hardest part was the morning after each block when the body was very sore from the day before. Mentally, this required a strong will to complete the next block and focus on the outcome of the day rather than the pain of the moment. During more difficult parts of the three-day walk, I utilised several tools such as breathing techniques (Wim Hof Method) and meditation to help the body deal with the physical or emotional pain. The amount of fund raising



also gave me inspiration and motivation to keep pushing hard knowing that the money raised will make a tangible difference to the lives of amputees. For this, I am very thankful for the Lions' support team who worked very hard to fund-raise allowing me to concentrate on completing the route.

Can you share any special, heartwarming or challenging incidents during the walk?

The last section of the walk (Sentosa to Bedok Jetty) was very emotional. I was joined by several friends who supported me to the finish line which was a great surprise. The energy provided by these individuals enabled me to run the last 5km of the route, regardless of the crying pain in my body - I did hit the deck when I reached the finish line with overwhelming pride and emotion. I also enjoyed being in the heartlands of Singapore in the northwest, seeing new sights that show a very different, natural, and untouched part of the island.

Do you have any advice or tips for others who may wish to attempt walking long distances for charity?

The most important thing is building up fitness and distance slowly over six to twelve months minimum. The heat and humidity of Singapore can make long distance walks quite demanding on the body, joints and cardiovascular system. The



second important thing, is preparation in both understanding your route and equipment, such as correct fitting walking shoes, clothing and plenty of fluids with electrolytes. Lastly, don't attempt long distances on your own without a strong support crew – during this walk, the Lions Club supported me 24/7 through digital tracking and water supplies.

Do you have a next physical challenge in mind?

Yes, I am planning to climb one of Poland's highest mountains in 2022 and currently drafting a new scrambling route in Malaysia.

Thank you Dan and best wishes for your next physical challenge!

Chit Chat session with Mr. Lee Kim Hwa

Mr. Lee Kim Hwa, 72 years old, is one of the early beneficiaries of the Lions Protheses Centre (Singapore).



Mr. Lee shared that he was diabetic and had an injury to his toe at his place of work. He was at that time a technician in a pharmaceutical company. His leg had to be amputated in 2004. He was then fitted with a prosthetic leg and the cost was covered by his work insurance. Since then, the prosthetic leg had undergone numerous spare parts replacements and repairs.

In early 2021, he learnt of LPC's mission to help sponsor needy amputees prosthetic limbs, when he visited LifeForce Limbs & Rehab Pte Ltd to repair his prosthetic leg, which after many years of repair, badly needed a replacement.

Through LPC's sponsorship, Mr. Lee was fitted with a new prosthetic leg. He is grateful to LPC and had sent a complimentary letter to LPC. His letter was published in the first issue of LEG UP.

When Mr. Lee was asked how he felt now that he had been fitted with a new leg, Mr. Lee replied with these 3 Cs: He feels Comfortable as it fits well, Confident when he walks and Convenient that it does not need to have frequent repairs. He then added that there is Safety too!

Mr. Lee's parting advice to people with diabetes is to take their medication diligently and check their hands and feet daily, and not take injuries or cuts lightly.

We thank Mr. Lee for his time and candour and wish him the very best of health.





Lions Prosthesis Centre 2nd Annual General Meeting

17 August 2021

LPC 2nd Annual General Meeting was held virtually on 17 August 2021.

Matters covered included the following:

1. Chairman's Report
2. Financial Accounts for the period May 2020 to 31 March 2021 were presented by the Honorary Treasurer and duly adopted by the General Body.
3. Though our accounts are not required to be audited by external auditors as the annual turnover did not exceed \$500,000, the Management Board agreed to have them audited. The Honorary Treasurer will recommend the appointment of an external audit firm to perform the task.
4. The budget for financial year 1 April 2021 to 31 March 2022 was presented and approved by the General Body.
5. There were several amendments to the Constitution tabled by the Management Board and were unanimously adopted by the General Body. The amendments have since been approved by the Registrar of Societies on 29 December 2021.

There was no election of office bearers during this 2nd AGM as the current 16 Board Members were elected during the 1st AGM held on 8 July 2020. Their term of office is from 8 July 2020 to 30 September 2022. The 3rd AGM will be in August 2022 where there will be election of new office bearers for the term commencing 1 October 2022 to 30 September 2024.

Membership

All Lions Clubs in Singapore are encouraged to join as a member of Lions Prosthesis Centre (Singapore) to support low income amputees to give them independence to make a living and have a higher quality of life.

Membership is open to all operating chartered Lions Clubs of Singapore which are registered under the Societies Act (Cap 311) Singapore.

There are no entrance fees and no subscriptions.

All that is required is the willingness, compassion and commitment to serve the disadvantaged and less privileged in our community.

Members can volunteer in various ways:

- Create awareness of diabetes prevention program to reduce the prevalence of diabetes
- Participate in service programs, events and fund raising projects
- Assist in operations by serving as Board members and committee members.

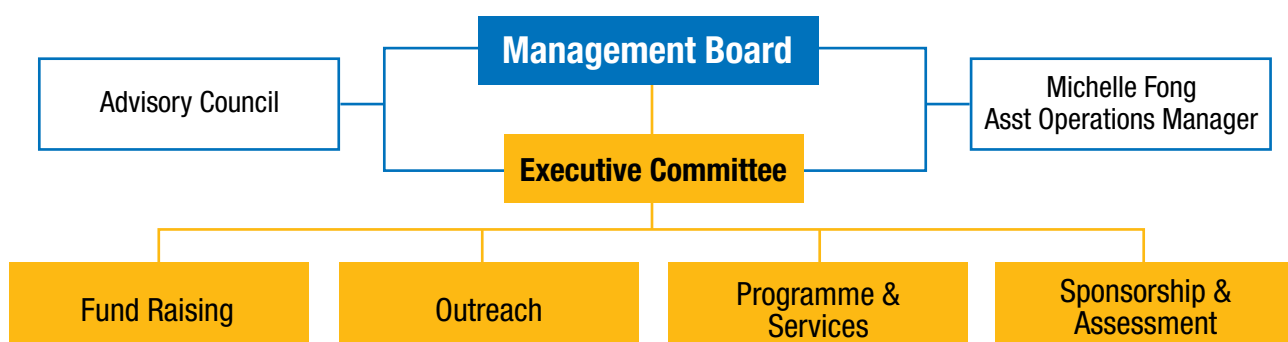
For more information on membership, please contact Honorary Secretary: PP Lion Goh Boo Han (Mobile: 9820 3930)

List of Lions Protheses Centre (Singapore) Members as at Jan 2022

- | | |
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| 1 Lions Club of Singapore 101 | 21 Lions Club of Singapore Katong Vision |
| 2 Lions Club of Singapore Alliance | 22 Lions Club of Singapore Ladyhill |
| 3 Lions Club of Singapore Amber | 23 Lions Club of Singapore Lavender |
| 4 Lions Club of Singapore Ascension | 24 Lions Club of Singapore Meyer |
| 5 Lions Club of Singapore Broadway | 25 Lions Club of Singapore Metropolitan |
| 6 Lions Club of Singapore Central | 26 Lions Club of Singapore Millennium |
| 7 Lions Club of Singapore Cherish | 27 Lions Club of Singapore Nee Soon |
| 8 Lions Club of Singapore City | 28 Lions Club of Singapore Oriental |
| 9 Lions Club of Singapore Chong Pang | 29 Lions Club of Singapore Oscar |
| 10 Lions Club of Singapore Clarke Quay | 30 Lions Club of Singapore Oxley |
| 11 Lions Club of Singapore Clover | 31 Lions Club of Singapore Paterson |
| 12 Lions Club of Singapore Eunos | 32 Lions Club of Singapore Stamford |
| 13 Lions Club of Singapore Forest | 33 Lions Club of Singapore Seletar |
| 14 Lions Club of Singapore Galaxy | 34 Lions Club of Singapore Vanda |
| 15 Lions Club of Singapore Henderson | 35 Lions Club of Singapore Vista |
| 16 Lions Club of Singapore Island | 36 Lions Club of Singapore West |
| 17 Lions Club of Singapore Ji Siang | 37 Lions Club of Singapore Westlake |
| 18 Lions Club of Singapore Ji Yang | 38 Lions Club of Singapore Whampoa |
| 19 Lions Club of Singapore Kaizen | 39 Lions Club of Singapore YiXin |
| 20 Lions Club of Singapore Katong | |



Lions Protheses Centre (Singapore) Organisation Chart



Lions Protheses Centre (Singapore) Management Board

8 Jul 2020 to 30 Sep 2022

*Chairman

PDG David Lee
Lions Club of Singapore Amber

*Vice-Chairman

PDG William Kwok
Lions Club of Singapore Clarke Quay

*Secretary

PP Goh Boo Han PBM
Lions Club of Singapore Nee Soon

Assistant Secretary

PP Jenny Tan
Lions Club of Singapore Galaxy

*Treasurer

PP Eng Chen Lian
Lions Club of Singapore Katong

Assistant Treasurer

PP Tan Eng Siong
Lions Club of Singapore Henderson

Advisors:

PCC Dr Winston Koh
Lions Club of Singapore Central

PDG Bobby Eng
Lions Club of Singapore Katong

PDG Jeffrey Yang
Lions Club of Singapore Vista

Directors:

PP Linda Tan
Lions Club of Singapore Amber

PP Shirley Lee
Lions Club of Singapore Central

PDG Nancy Lim
Lions Club of Singapore Chong Pang

PP Chia Lai Soon
Lions Club of Singapore Chong Pang

1st VDG Ho Sum Kwong
Lions Club of Singapore Clarke Quay

CP Henry Liang
Lions Club of Singapore Galaxy

PP Elsie Lim
Lions Club of Singapore Island

PP Mary Ong
Lions Club of Singapore Ladyhill

PP Serene Yong
Lions Club of Singapore Ladyhill

PP Elaine Ng
Lions Club of Singapore Meyer

Internal Auditors:

Vincent Lim
Lions Club of Singapore Central

Yang Kun
Lions Club of Singapore Meyer



Lions Protheses Centre (Singapore) Sub Committee Members

Fund Raising Sub Committee 2022

*Chairman Lion Steven Ong

Co-Chairman 1st VDG S K Ho (till 30 Jun 2022)

Member CP Michael Wong

Member PP Zen Sim

Member PP Tay Jia Ming

Member President Yang Zhou

Member PP Kenny Tan

LCS Yixin

LCS Clarke Quay

LCS Ji Siang

LCS Metropolitan

LCS Seletar

LCS Cherish

LCS 101

Outreach Sub Committee 2022

*Chairman PP Jenny Tan

Member CP Elsie Lim

Member Lion Helen Lee

Member PP Joseph Lui

Member PP Lily Tan

Member PP Linda Tan

Member PP Mary Ong

Member PP Sherwin Seow

Member President Theresa Tan

LCS Galaxy

LCS Island

LCS Galaxy

LCS Katong

LCS Ladyhill

LCS Amber

LCS Ladyhill

LCS West

LCS Ladyhill

Programme & Services Sub Committee 2022

*Chairman President Jeremy Lim

Member President Peter Lee

Member PP Roland Pang

LCS Forest

LCS Vista

LCS Whampoa

Sponsorship & Assessment Sub Committee 2022

*Chairman CP Henry Liang

Vice-Chairman PP Lim Eng Heng

Member PP Peter Chua

Member CP Belinda Yap

Member PP Shirley Lee

LCS Galaxy

LCS West

LCS Ji Yang

LCS Clover

LCS Central

Advisory Council

Chairman PDG Bobby Eng

Member PCC Dr Winston Koh

Member PDG Jeffrey Yang

LCS Katong

LCS Central

LCS Vista

* Executive Committee Member