



# DISTRICT 308 B2 LEO E-BULLETIN

---

## FY 2020-2021

IN CONJUNCTION WITH  
#LEO AWARENESS MONTH

---

#LEOMALAYSIA50  
#PROUDLEO  
#LEO308B2



# REGION 1



**Persatuan Penganut Tang Hai Keong  
Pulau Pinang Rice Distribution**  
20 SEPTEMBER 2020



## RICE DISTRIBUTION

LEO CLUB OF INTI  
INTERNATIONAL  
COLLEGE PENANG

BENEFICIARY:  
PENANG HANDICAPPED  
WELFARE ASSOCIATION

## A CHILD'S CANCER COULD BE CURED

LEO CLUB OF  
PENANG CITY

BENEFICIARY:  
PERSATUAN SAHABAT  
KANAK-KANAK KANSER  
WILAYAH UTARA (FOCCAN)

**A Child's Cancer Could Be Cured**  
A Childhood Cancer Awareness and Fundraising Campaign



**Childhood Cancer Awareness  
Virtual Exhibition**  
11 September 2020 - 30 September 2020



**Make a Donation!**  
Fundraising for Persatuan Sahabat Kanak-Kanak Kanser Wilayah Utara (FOCCAN)

LIONS CLUB OF PENANG HOST  
Public Bank  
3192573215

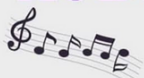
Jointly Organised by   Beneficiary  Tech Support by **TRAVIC** FOLLOW US FOR MORE!  
[fb.com/lionspenanghost](https://fb.com/lionspenanghost)  
[fb.com/PenangCity](https://fb.com/PenangCity)





## AUDIO BOOK 1.0

18 FEB 2021 - 18 MAY 2021



## AUDIO BOOK

LEO CLUB OF INTI  
INTERNATIONAL  
COLLEGE PENANG

BENEFICIARY:  
ST. NICHOLAS HOMES

## THE GREEN DREAM PROJECT

LEO CLUB OF  
GT MUTIARA

BENEFICIARY:  
WOMAN CENTRE OF CHANGE  
IN BAYAN BARU



## THE GREEN DREAM PROJECT

DATE: 29/11/2020 - 28/12/2020

Organised by: 

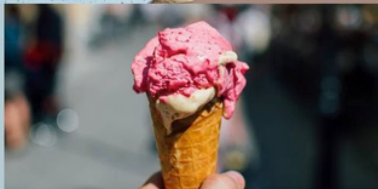
Co-organised by:    



## SWEET BUT NOT SWEET

A DIABETES AWARENESS CAMPAIGN

DIABETES FRIENDLY DESSERT



DROP US YOUR LOW-CARB DESSERT RECIPES / VIDEOS



FACEBOOK.COM/PENANGCITY/

## SWEET BUT NOT SWEET

LEO CLUB OF PENANG CITY

OBJECTIVE:  
TO ENCOURAGE BALANCED & HEALTHY DIET AND PREVENT DIABETES.

## EYE SERIES 1.0 & 1.1

LEO CLUB OF  
GT MUTIARA

BENEFICIARY:  
BETHSDA HOME  
RUMAH INTAN 1  
RUMAH INTAN 2

NO. OF PEOPLE SERVED:  
73 OLD FOLKS



### SUPPORT GROUP

- Encourage and motivate each other to maintain the exercise routine

10KM A WEEK (3 MEALS)





## ENRICHMENT SERIES

LEO CLUB OF  
GT MUTIARA

NO. OF PEOPLE SERVED:  
132

## EAT HEALTHY LIVE HEALTHY

LEO CLUB OF INTL  
INTERNATIONAL  
COLLEGE PENANG

OBJECTIVE:  
PROMOTE OBESITY &  
DIABETES AWARENESS







# REGION 2

## CHILDREN'S DENTAL HEALTH MONTH

LEO CLUB OF  
SMK DARULAMAN

BENEFICIARY:  
RUMAH SUPERKIDS  
ORPHANAGES

**February is**

*Children's Dental Health Month*



## BE HEALTHY CHALLENGE

LEO CLUB OF  
ALOR SETAR

BENEFICIARY:  
SOUP KITCHEN  
JALAN PUTRA, ALOR SETAR

## Be Healthy challenge

Eat Clean • Drink Water • Stay Active

Date: 1<sup>st</sup> to 3<sup>rd</sup> February 2021

Time: All Day

Venue: Instagram Platform  
[@leoclub\\_alorsetar](https://www.instagram.com/leoclub_alorsetar)

For every successful challenge,  
*we will donate 1 pack of lunch box  
to Soup Kitchen\*\*\**

Project to support:-



**Soup Kitchen**



Another initiative by District 308 B2 Leo Cabinet, Malaysia



# PROJECT GIVEAWAY EPIDEMIC PREVENTION SUPPLIES

LEO CLUB OF  
SMK DARULAMAN

BENEFICIARY:  
SMK DARULAMAN

# CNY CELEBRATION AT SUPERKIDS

LEO CLUB OF  
ALOR SETAR

BENEFICIARY:  
RUMAH SUPERKIDS



## SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine

10KM A WEEK (3 MONTHS)

- Activity



## RELIEVING THE HUNGER

LEO CLUB OF  
ALOR SETAR

BENEFICIARY:  
SUPERFLOW SOUP KITCHEN

## VISION

LEO CLUB OF  
SMJK KRIAN

NO. OF PEOPLE SERVED:  
20

## What is vision?

- the act or power of seeing.
- the special sense by which the qualities (as color, luminosity, shape, and size) of appearance are perceived through a process where rays entering the eye are transformed into electrical signals that are transmitted through the optic nerve.



Another initiative by District 308 B2 Leo Cabinet, Malaysia



## ALL ABOUT COVID-19

LEO CLUB OF  
SMJK KRIAN

OBJECTIVE:  
TO SHARE COVID-19  
INFORMATION

## HAPPY WOMEN'S DAY

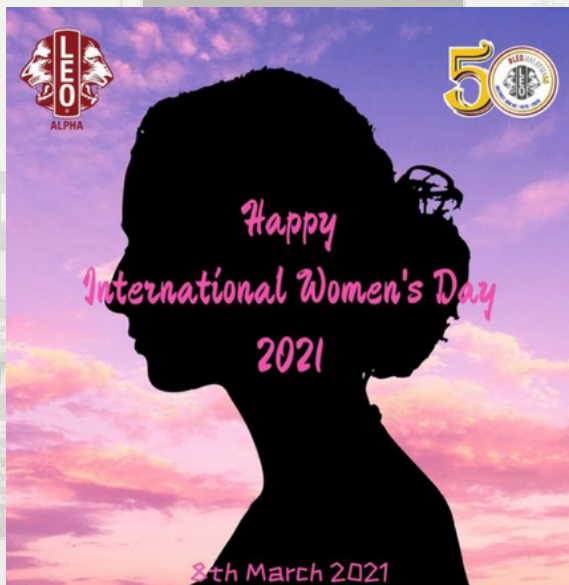
LEO CLUB OF  
SMK BERAPIT

OBJECTIVE:  
TO SHARE WOMEN'S DAY  
INFORMATION

SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine

10KM A WEEK (3 TIMES)





## ♥ LOVE YOUR FAMILY ♥

Date: 17/3/2021-24/3/2021 (Wednesday)

By: Instagram Feed/Story/Inbox

How to participate:

Upload a photo or video of your family on IG Feed or Story, and write down the words that you wish to tell them.

You can also inbox us the photo/video together with the words if you're shy.



**Don't forget to hashtag **LEO CLUB OF SMJK KRIAN** and **LOVE YOUR FAMILY** to let us know.**

## LOVE YOUR FAMILY

LEO CLUB OF  
SMJK KRIAN

OBJECTIVE:  
TO SHOW APPRECIATION  
TO FAMILY MEMBERS

## MOONCAKE FESTIVAL CELEBRATION

LEO CLUB OF  
SMJK KEAT HWA

BENEFICIARY:  
TEACHER ADVISOR

SUPPORT GROUP

- Encourage and motivate to  
maintain the exercise routine

10KM A WEEK (3 times a week)





# 2021年的AJK 自我介绍

## 有趣的心里测验

### ONLINE MEETING

LEO CLUB OF  
SMJK BERAPIT

OBJECTIVE:  
TO INTRODUCE THE INCOMING BODS

### GIVEAWAY HAND SANITISER

LEO CLUB OF  
SMJK KEAT HWA II

BENEFICIARY:  
SCHOOL TEACHERS

#### SUPPORT GROUP

- Encourage and motivate each  
maintain the exercise routine

10KM A WEEK (3 MEETINGS)







# THE DUA RINGGIT CHALLENGE

LEO CLUBS OF  
ALOR SETAR  
SMK DARULAMAN  
SMJK KEAT HWA  
SMJK KEAT HWA II  
SMJK KRIAN

BENEFICIARIES:  
HOSPITAL SULTANAH BAHİYAH  
HOSPITAL SULTAN ABDUL HALİM

This Chinese New Year...  
Let's make something difference !!!

## The Dua Ringgit Challenge 2.0

From 12<sup>th</sup> to 26<sup>th</sup> February 2021,  
join and donate at least RM2 !!!

Scan to donate TnG e-wallet:



Choong Tien Sunn  
017 536 1681



All the donations will be used to purchase PPE to General Hospital(s).

# MAKE A CHINESE NEW YEAR DECORATION VIDEO

LEO CLUB OF  
SMJK KEAT HWA II

BENEFICIARY:  
SUPPORT GR PUBLIC

Encourage and motivate each  
maintain the exercise routine

10KM A WEEK (3 times a week)





# REGION 3 & 4



## SERVE WITH KINDNESS

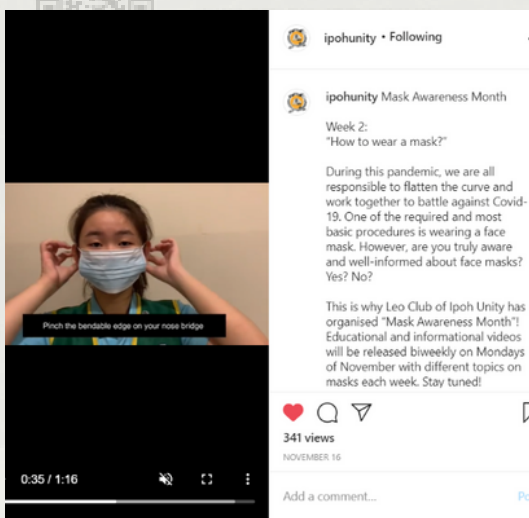
LEO CLUB OF  
ST. MICHAEL'S  
INSTITUTION

FUNDS DONATED:  
RM 850.00

## MASK AWARENESS MONTH

LEO CLUB OF  
IPOH UNITY

OBJECTIVE:  
TO RAISE HYGIENE AWARENESS  
DURING THE PANDEMIC





**UNLOCKING  
MODERN  
LEOS**

Join us **REGISTRATION IN  
PAGE'S BIO** **26-27  
DECEMBER**

LOTS OF FUN LEARNING  
AND SHARING ACTIVITIES  
WITH LEOS AROUND THE  
DISTRICT!

JOINTLY  
ORGANISED  
BY:

- LEO CLUB OF ST. MICHAEL'S INSTITUTION
- LEO CLUB OF SEKSYEN 4 BANDAR KINRARA
- LEO CLUB OF SACRED HEART HIGH SCHOOL
- LEO CLUB OF SMJK KEAT HWA
- LEO CLUB OF SMJK NAN HWA

## UNLOCKING MODERN LEOS

LEO CLUBS OF  
ST. MICHAEL'S INSTITUTION  
SEKSYEN 4 BANDAR KINRARA  
SACRED HIGH HEART SCHOOL  
SMJK KEAT HWA  
SMJK NAN HWA

**OBJECTIVE:**  
EMPOWER LEOS WITH  
PLANNING SKILLS

## 3R KICKING HUNGER RECYCLE EPISODE

LEO CLUB OF  
IPOH CENTRAL (O)

**OBJECTIVE:**  
COLLECT & REUSE  
COOKING OIL



### SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine

10KM A WEEK (3 MEALS)





Another initiative by District 308 B2 Leo Cabinet, Malaysia



## A GIFT OF HAPPINESS

LEO CLUB OF  
ST. MICHAEL'S  
INSTITUTION

BENEFICIARIES:  
ANNING HOME  
NEW HOPE HOME  
VISION HOME

## VIRTUAL TOUR HUNT 2.0 SOUTH KOREA

LEO CLUB OF  
IPOH UNITY

OBJECTIVE:  
RAISE FUNDS TO PROVIDE FREE  
VISION SCANNING FOR CHILDREN

Register Now:



*Virtual Tour Hunt 2.0*  
South Korea 🇰🇷  
5th February 6 PM to 7th February 12 PM 2021  
(Time limit which is 36 hours)  
*The fees is just RM5!*

Account number :  
LEO CLUB OF IPOH UNITY  
508319201176  
MAYBANK

For more enquiries, please contact  
Leo Justin Ooi 011-1233 8281  
Leo Kwok Phui Ni 010-5626 128



## END HUNGER (EH)

### LEO CLUB OF IPOH CENTRAL (O)

OBJECTIVE:  
MEALBOX DISTRIBUTION  
TO HOMELESS

## TRASH ASSEMBLE!

### LEO CLUB OF IPOH UNITY

OBJECTIVE:  
COLLECT RUBBISH IN  
THE NEIGHBOURHOOD



### SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine.

10KM A WEEK (3 MONTHS)



## 1 ACTION 2 BENEFIT THE SOCIETY



**LEO DAY**  
FUNDRAISING CAMPAIGN  
STAY HEALTHY



**Date: 5 - 13 Dec 2020**  
**or more information:**  
to Soon Zheng Fai (017-2166683)  
to Lee Jia Wei (016-5013261)



JOINTLY ORGANISED BY

## 1 ACTION 2 BENEFIT THE SOCIETY

LEO CLUB OF  
IPOH CENTRAL (O)

ASSISTED BY LEO CLUBS OF:  
POI LAM HIGH SCHOOL  
AVE MARIA CONVENT  
SMK IDRIS SHAH

FUNDS RAISED:  
RM 11, 700.00

## 5 IN 1 JOINT HEALTH CAMPAIGN

LEO CLUB OF  
IPOH CENTRAL (O)

OBJECTIVE:  
TO PROVIDE VARIOUS BODY CHECK-UPS  
& BLOOD DONATION DRIVE



### SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine

10KM A WEEK (3 MONTHS)

- Activity







# REGION 5



## DE-LEO-VERY

LEO CLUB OF SMK  
LA SALLE KLANG

NO. OF PEOPLE SERVED:  
300.00

## VIRTUAL CHINESE CALIGRAPHY COMPETITION

LEO CLUB OF METRO MCKL

OBJECTIVE:  
PROMOTE TRADITIONAL CHINESE  
CULTURE TO SOCIETY







## OFFICIAL LAUNCH OF #100KMCHALLENGE

07.03.2021  
7AM

JOINTLY ORGANIZED BY LEO CLUBS OF  
METRO METHODIST COLLEGE KUALA LUMPUR  
SMK BANDAR UTAMA DAMANSARA 3  
ASSUNTA SECONDARY SCHOOL  
SMK SEAFIELD  
SMK USJ 4

### SUPPORT GROUP

- Encourage and motivate each other to maintain the exercise routine.

#### 10KM A WEEK (3 MONTHS)

- Approximately 2 hours  
(Flexible time, place and sessions)

PARTICIPANTS ARE ALSO REQUIRED TO DOWNLOAD  
THE NIKE RUN CLUB APP

**VENUE : YOUR OWN PARK**  
REGISTRATION LINK IN OUR BIO

#100KMCHALLENGE



## THE 100KM CHALLENGE

LEO CLUBS OF  
METRO MCKL  
SMK BANDAR UTAMA DAMANSARA (3)  
SMK SEAFIELD  
SMK USJ 4  
ASSUNTA SECONDARY  
HIGH SCHOOL

OBJECTIVE:  
ENCOURAGE PARTICIPANTS TO  
START A HEALTHIER LIFESTYLE

## LIVING ON THE SPECTRUM

LEO CLUB OF  
SRI KUALA LUMPUR

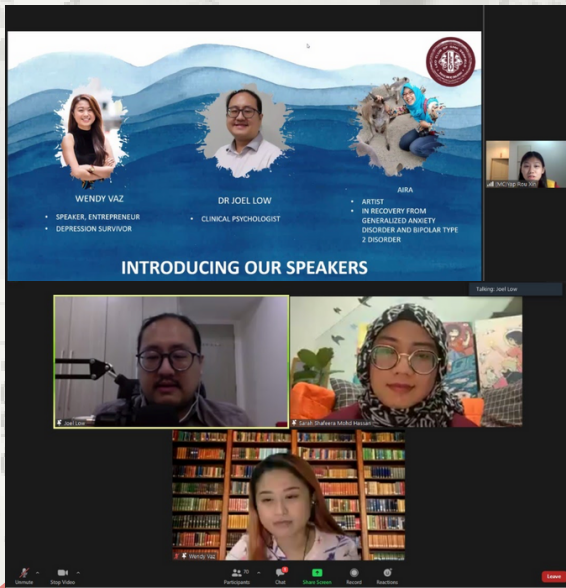
FUNDS RAISED  
RM 10,000.00

### SUPPORT GROUP

- Encourage and motivate each other to maintain the exercise routine

10KM A WEEK (3 MONTHS)

The image shows a promotional poster for the 'Living On The Spectrum' event, which aims to raise funds for autism through an online concert on 30th December. The poster features a person on a horse and a QR code for registration. Below the poster is a screenshot of a WhatsApp chat titled 'KL Leo Club Charity Concert'. The chat includes messages from participants like Zhen Wei, SuDo, and Club Sri KL, discussing the event and expressing support. The chat also shows a list of participants and a link to the event.



## BREAK THE SILENCE

LEO CLUB OF  
SMK SEAFIELD

OBJECTIVE:  
RAISE MENTAL HEALTH  
AWARENESS

## EARTH HOUR: CONSERVE TO PRESERVE

LEO CLUB OF  
ASSUNTA SECONDARY  
HIGH SCHOOL

OBJECTIVE:  
RAISE ENVIRONMENT  
AWARENESS





Leo Club of SMK Subang Utama  
Presents

# DO I HAVE YOUR ATTENTION?

HOW MUCH DO YOU REALLY KNOW ABOUT ADHD?



COME ON AND JOIN US  
DECEMBER 16  
8PM- 9:30PM  
ZOOM CLOUD MEETINGS

## DO I HAVE YOUR ATTENTION?

LEO CLUB OF SMK  
SUBANG UTAMA

OBJECTIVE:  
SPREAD AWARENESS ON  
ATTENTION DEFICIT  
HYPERACTIVITY DISORDER (ADHD)

## SUGAR RUSH

LEO CLUBS OF  
SMK SUBANG UTAMA  
TAMAN SEA  
SMK USJ 4  
SMK USJ 8

OBJECTIVE:  
RAISE AWARENESS ON  
DIABETES EPIDEMIC





## VISUAL ARTS AND CRAFT FOR DIABETES

LEO CLUB OF  
SMK BANDAR UTAMA  
DAMANSARA (3)

OBJECTIVE:  
TO RAISE DIABETES AWARENESS  
(IN CHILDREN) BY MAKING  
ARTS & CRAFTS

## FAST AND FURIOUS:

## 30 HOUR FAMINE

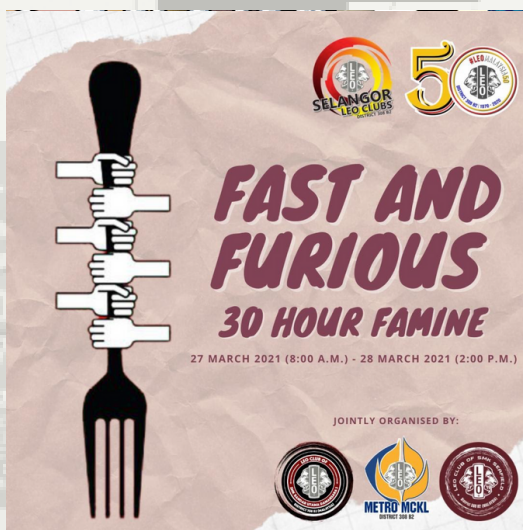
LEO CLUBS OF  
SMK BANDAR UTAMA DAMANSARA (3)  
METRO MCKL  
SMK SEAFIELD

OBJECTIVE:  
TO RAISE HUNGER AWARENESS BY  
CONDUCTING 30 HRS FAMINE

### SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine

10KM A WEEK (3 TIMES)







## SYOK

### LEO CLUB OF SUNWAY METRO

**OBJECTIVE:**  
RAISE FUNDS FOR ORPHANAGES  
AND OLD FOLKS TO PURCHASE  
HAND SANITISERS  
DURING THE PANDEMIC

## MISSION FOR VISION

LEO CLUBS OF  
SUNWAY METRO  
PETALING JAYA INTEGRITY  
IICS METRO  
LA SALLE PJ  
SMK DAMANSARA JAYA

**OBJECTIVE:**  
VISION AWARENESS GAMESHOW

### SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine

10KM A WEEK (3 MEETINGS)

- Encourage and motivate each other to  
maintain the exercise routine

## MISSION FOR VISION



**DJ DREAM TEAM**

**EPIC COMEBACK**



START LIVING HEALTHY

## #DIRECTORSCALLENGE4CHANGE

DATE: 14-21 NOVEMBER

CHALLENGE: 7 DAYS CHALLENGE OF A  
HEALTHY LIFESTYLE WITH LION ALAN THOO

## #DIRECTORS CHALLENGE4 CHANGE

LEO CLUB OF  
SUNWAY METRO

OBJECTIVE:  
PROMOTE A HEALTHY LIFESTYLE  
TO CURB DIABETES

## E-MAMAK 7.0: MENTAL HEALTH

LEO CLUB OF  
SUNWAY METRO

OBJECTIVE:  
TO DISCUSS  
MENTAL HEALTH ISSUE &  
WAYS TO RELIEVE STRESS



### SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine

10KM A WEEK (3 MEETINGS)

## SUNWAY METRO HEALTH CLINIC E-MAMAK7.0 MENTAL HEALTH

19 DEC 2020 | 8:30PM - 10:30PM | ZOOM CLOUD MEETINGS



**DANIEL KAM**  
BSC HONS PHYSIOTHERAPY  
MOVEMENT SPECIALIST



**TAN ZONG YAN**  
CLINICAL PSYCHOLOGIST  
MCCLINPSYCH, UKM



**SMKDJ**  
LEO CLUB OF SMK DAMANSARA JAYA  
SUPPORTING OUR NEIGHBOUR

THE LEO CLUB OF SMK DAMANSARA JAYA PRESENTS

**B.I.G.**  
BEATING INVISIBLE GLAUCOMA  
VIRTUAL TALK

27TH FEB 2021 | 3PM - 4PM

## BEATING INVISIBLE GLAUCOMA VIRTUAL TALK

LEO CLUB OF  
SMK DAMANSARA JAYA

NO. OF PEOPLE SERVED:  
145

## MISOHUNGRY CHALLENGE

LEO CLUBS OF  
SMK DAMANSARA JAYA  
METHODIST GIRLS SCHOOL

OBJECTIVE:  
TO RAISE HUNGER AWARENESS

### SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine

10KM A WEEK (3 MEALS)

**SMKDJ**  
LEO CLUB OF SMK DAMANSARA JAYA  
SUPPORTING OUR NEIGHBOUR

**LEO CLUB OF SMK DAMANSARA JAYA**  
ALPHA

**MISOHUNGRY  
CHALLENGE**

Salted egg tofu

Kam heong prawn



## CLOTHES FOR A CAUSE

LEO CLUB OF  
SMK DAMANSARA JAYA

BENEFICIARY:  
BLESS SHOP (ONE UTAMA)

## NCSM HOPE MATTERS

LEO CLUB OF  
SMK DAMANSARA JAYA

FUNDS RAISED:  
RM 5,032.50:

### SUPPORT GROUP

- Encourage and motivate each other to  
maintain the exercise routine.

10KM A WEEK (3 MONTHS)







# SPECIAL THANKS TO

## DESIGNERS:

### 01 DANIELLE QUAH

Leo Club of SMK  
Damansara Jaya

### 02 EVAN TAN

Leo Club of SMK  
Damansara Jaya

### 03 ERICA LIM

Leo Club of SMK  
Damansara Jaya