



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

## President's Message

*As we move into November, let's keep our spirit high as we prepare for the upcoming events.*

*Yours in service,*

**ANTHONY LYONS**

*President, 2025–2026 Term*

*Board members:*

*1st Vice President – Carmen Li*

*Secretary – Dr. Vivian Lo*

*Treasurer - Pearl Yiu*

*Membership Chair - Christine Chan*

*LCIF Chair - Lamb Lo*

*Web Master - Felix Lyons*

## Upcoming Events

| <u>Date</u>  | <u>Event</u>  | <u>Details</u>  |
|--|---|---|
| <b>October</b>   | <b><i>Our Club will launch the making of 2026 calendar</i></b>  | <b><i>Stay tune.</i></b>  |
| <b>November 16<sup>th</sup><br/>(Sunday)<br/>Evening</b>               | <b><i>Vancouver Granville Lions Club Installation and Charity Gala 2025-2026</i></b>  | <b><i>Executive Hotel Vancouver Airport<br/>Richmond BC</i></b>                     |
| <b>November 29<sup>th</sup><br/>(Saturday)<br/>7:30pm –<br/>9:30pm</b> | <b><i>Wendy Cheung's "Senses" Concert<br/>Jointly sponsored by Our Club</i></b>   | <b><i>Orpheum Theatre<br/>601 Smithe Street, Vancouver BC</i></b>                   |
| <b>December 4<sup>th</sup><br/>(Thursday)<br/>6:00pm</b>               | <b><i>Our Club and our Leo Club will host our 5<sup>th</sup> Anniversary, "Serving the World in Need" Fundraising Gala<br/>Keynote speaker: Dr. Mark Mansell,</i></b> | <b><i>Continental Seafood Restaurant<br/>11700 Cambie Road,<br/>Richmond BC</i></b> |

*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19-L / ZONE A7

NEWSLETTER - OCTOBER 2025

|  | <b><i>International Director</i></b>  |  |
|--|---|--|
| <i>December 7<sup>th</sup><br/>(Sunday)<br/>7:30pm – 9pm</i> | <i>Vancouver Sunshine Lions Club 10<sup>th</sup><br/>Anniversary – Gentai Charity Concert</i> | <i>Freaserview M.B. Church<br/>Richmond BC</i>                                   |
| <i>January 3<sup>rd</sup> –<br/>11<sup>th</sup>, 2026</i>    | <i>LCI Lions &amp; Leos Weeks of Service 2025-<br/>2026 (Hunger)</i>                          | <i>Details will be announced.<br/>Please mark on your<br/>calendar.</i>          |
| <i>January 5<sup>th</sup>,<br/>2026<br/>Evening</i>          | <i>Our Club will organize a fundraising event<br/>jointly with several Lions Clubs</i>        | <i>Details will be announced.<br/>Please mark on your<br/>calendar.</i>          |
| <i>April 10<sup>th</sup> – 11<sup>th</sup>,<br/>2026</i>     | <i>District 19-L Lions Convention</i>   | <i>Richmond BC</i>   |
| <i>April 12<sup>th</sup>, 2026</i>                           | <i>District 19-L Leos Convention</i>  | <i>Richmond BC</i>   |
| <i>April 18<sup>th</sup> – 26<sup>th</sup>,<br/>2026</i>     | <i>LCI Lions &amp; Leos Weeks of Service 2025-<br/>2026 (Environment)</i>                     | <i>Details will be announced.<br/>Please mark on your<br/>calendar.</i>          |
| <i>2026<br/>July 3 – 7, 2026</i>                             | <i>Lions International Convention</i>   | <i>This event will be held in<br/>Hong Kong. Stay tuned for<br/>the details.</i> |

*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

## Vancouver Point Grey Lions Club's 5th Anniversary



### Serving the World in Need Fundraising Gala

presented by

Vancouver Point Grey Lions Club & Loes Club

Keynote speaker: Dr. Mark Mansell, International Director

Beneficiary: LCIF

Date: December 4, 2025, Thursday  
Time: 6pm (Reception); 7pm (Dinner)  
Venue: Continental Seafood Restaurant  
11700 Cambie Road, Richmond

Attire: Uniform or business

Price: \$90 each, \$850 table of 10

Payment: Interac xfer to:

vanpointgreylionsclubtreasurer@gmail.com



*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

An illustration for a charity dinner. It features a blue background with a string of colorful triangular flags at the top. In the center, the text "5th Anniversary" is written in blue, with a small red heart icon above the word "Anniversary". Below this, the text "Serving the World in Need" is in red, and "Charity Dinner" is in large blue script. The text "presented by" is in a smaller blue font above "Vancouver Point Grey Lions Club &amp; Leos Club". Below the main title, there is a list of details: "Keynote speaker: Dr. Mark Mansell, International Director", "Beneficiary: LCI Foundation", "Date: December 4, 2025, Thursday", "Time: 6pm (Reception); 7pm (Dinner)", "Venue: Continental Seafood Restaurant 11700 Cambie Road, Richmond", "Attire: Uniform or business", "Price: \$90 each, \$850 table of 10", and "Payment: Interac xfer to: vanpointgreylionsclubtreasurer@gmail.com". The illustration also includes several balloons (blue, red, yellow, green) and wrapped gifts (red with white polka dots, green with yellow polka dots, blue with white polka dots) at the bottom.

*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

WENDY YAU SUM CHEUNG'S

# Senses

WITH THE VMO ORCHESTRA

A GROUND-BREAKING EXPLORATION OF MENTAL WELLNESS,  
IMAGINED THROUGH MUSIC

NOVEMBER 29, 2025 | 7:30 PM - 9:30 PM PST

EXPERIENCE AN EVENING WHERE MUSIC TRANSCENDS TRADITIONAL LISTENING. RENOWNED COMPOSER **WENDY YAU SUM CHEUNG** AND THE VANCOUVER METROPOLITAN ORCHESTRA (VMO), UNDER THE DYNAMIC LEADERSHIP OF CONDUCTOR **KENNETH HSIEH**, HAVE CRAFTED AN IMMERSIVE MULTISENSORY JOURNEY OF HEALING AND RENEWAL.



THIS CONCERT BLENDS EVOCATIVE ORCHESTRAL SOUNDSCAPES WITH TRANSFORMATIVE GUIDED INTROSPECTION, THERAPEUTIC MOVEMENT, AND STUNNING VISUAL ELEMENTS TO CREATE A TRULY UNFORGETTABLE EXPERIENCE THAT NOURISHES BOTH MIND AND SOUL.

**ENGAGE YOUR SENSES**

**HEAR:** SOARING ORCHESTRAL MELODIES

**SEE:** MESMERIZING VISUALS AND LIGHTS

**TOUCH:** SUBTLE TACTILE ELEMENTS

**SCENT:** CALMING AROMATHERAPY

**SUPPORTING MENTAL HEALTH AWARENESS**

IN PARTNERSHIP WITH HEADSUPGUYS AND GUIDED BY MUSIC THERAPY EXPERT DR. ALPHA WOODWARD, THIS FUNDRAISING CONCERT SUPPORTS HEADSUPGUYS' MISSION TO IMPROVE MENTAL HEALTH AND FOSTER EMOTIONAL RESILIENCE.

**TICKETS AVAILABLE AT:**

[VISIT SENSESCONCERT.COM](#)

|      |      |       |       |
|------|------|-------|-------|
| \$48 | \$78 | \$138 | \$188 |
|------|------|-------|-------|

**GT WEALTH** **SafePacific** **SCHOOL OF MUSIC** **ticketmaster** **GreenBirch Capital** **IMAGINARIUM** **EMPIRIO CAPITAL**

JOIN US FOR A NIGHT OF MUSIC, MINDFULNESS, AND TRANSFORMATION.



*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

**VANCOUVER GRANVILLE LIONS CLUB**  
*Installation and Charity Gala 2025-2026*

Black Tie Optional  
VIP \$180  
No: 043

慈善 賽之SING !

November 16 (Sunday), 2025  
Executive Hotel Vancouver Airport  
7311 Westminster Highway, Richmond

Reception 6:00PM  
Program 6:30PM

**SUCCESS MLC SOCIETY**  
Proceeds to  
S.U.C.C.E.S.S.  
Simon K.Y. Lee  
Seniors Care  
Home

**VANCOUVER GRANVILLE LIONS CLUB**

**VANCOUVER SUNSHINE LIONS CLUB** **VANCOUVER SUNSHINE LEO CLUB**

溫哥華陽光獅子會 溫哥華陽光青獅會

**A Decade of Light 2015 - 2025**

**10TH ANNIVERSARY - GENTLE CHARITY CONCERT**

**溫哥華陽光獅子會十周年紀念**  
**“景泰之夜”慈善音樂會**

**Ticket: \$ 88**  
**Ticket No.: 071**  
**Time: 7:30 PM, Sunday**  
**December 7, 2025**  
**Venue: Fraserview M.B. Church**  
**1005 Mellis Dr, Richmond**

**Performed by**  
**Vancouver Youth Philharmonic Orchestra**  
**Music Director & Conductor**  
**Jui Shi Zhuo**

**Special Guests**  
**Piano & Violin Duet**  
**Malcolm Brodie / Kan Chen**  
**Soloist**  
**May Ho**

**In Support of**  
**Richmond Community Foundation**  
**列治文社區基金會**

**RCF**

*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

## Highlights from October 2025

We launched our 2026 Calendar in October and thanks for all sponsors make their contributions that we can achieve the campaign in 3 weeks. The calendar will be ready before our 5<sup>th</sup> Anniversary Fundraising Gala.

Apart from those as a token to the sponsors. We are selling the calendar for \$10.00 each as part of our fundraising.

*Thank you for our sponsors:*

*Crystal Arts Academy*

*Shaughnessy Lions Club*

*Canada Youth Robotics Club*

*Accelerate CPA*

*Mr. Norman Sung*

*Ms Scarlett Zhang*

*Westwind RV Park*

*Mr. Dickie Lam*

*Ms Lisa Kung*

*Richmond Chinese Community Society*

*Tiffany Immigration Services Inc.*

*ATA Law Corporation*

*Simon Jewellery*

*Pink Pearl Chinese Seafood Restaurant*

*Mr. Keung Hing Tang*

*CrossFit Overdrive*

*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

On October 5<sup>th</sup>, our Club Secretary, two members and two guests enjoyed the music performed by Dickie Lam organized by Vancouver Granville Lions Club. This purpose of the concert was raising the fund for Chi Heng Foundation Canada.

協辦單位：

**慈善歌王**  
**林國安 Dickie Lam**  
為大家獻上經典金曲

日期：2025年10月5日(星期日)  
時間：招待會於下午5點開始 / 活動於下午6點開始  
演出時間：晚上8點  
餐券每桌：Regular \$1500 (十人席/10 seats)  
Premium \$1880 (十人席/10 seats)  
地點：幸運海鮮酒家  
Continental Seafood Restaurant  
地址：150-11700 Cambie Road, Richmond  
查詢：778 996 0368  
網站：[www.chihengcanada.org](http://www.chihengcanada.org)

慈善號碼：85416 7053 RR0001



*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

*Our President, Secretary and a Member attend the Board Installation of Vancouver Cathay Lions Club in the evening of October 9<sup>th</sup>.*



*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

## MENTAL HEALTH



### HOW TO COPE WITH AGING: “HEALTHFUL” MINDS & HAPPY HEARTS

CO-ORGANIZED BY  
Vancouver East Lions Club &  
Vancouver Point Grey Lions Club  
DATE: OCTOBER 11, 2025  
SATURDAY, 2:30-4:00 PM  
Venue: Vancouver East Lions Den  
770 Commercial Drive, Vancouver



Speaker: Dr. Vivian Lo (PhD, MBA, MA, MA, BA)  
Medium of Languages:  
English & Chinese (Cantonese/Mandarin)  
HYBRID: IN PERSON OR ZOOM

RSVP to Jocelyn Wan  
lionjocelynw@gmail.com  
by Oct 4th  
(indicate in person or zoom)

Vancouver East Lions Club & Vancouver Point Grey Lions Club

Present



### COMMUNITY EDUCATION ON MENTAL HEALTH & WELL-BEING



Date: October 11, 2025 (Saturday)

Time: 2:30pm – 4:00pm

Venue: Vancouver East Lions Den, 770 Commercial Drive, Vancouver

Speaker: Dr. Vivian Lo (PhD, MBA, MA, MA, BA)

#### Professional Background of the Speaker:

Educational Psychologist, Counsellor & Art Therapist  
Member, Research Ethics Board, SFU  
Author of 5 books on Education and Counselling  
Author of Mandarin Textbooks “Dinosaur Mandarin” for preschoolers  
Education commentator for TV and radio channels in Vancouver

#### Outlines for the Talk:

Definition and Causes of Aging in Humans  
How to face Aging: Fight or Flight?  
How to Cope with Aging in Daily Life  
How to Understand and Support the Seniors around You  
“Good” Qualities of Caregivers for Seniors

#### Format of the Talk:

Roundtable for Sharing of Experiences  
Group Discussion  
Role Play

#### WELCOME TO JOIN!

Lions and Leos are promoting the importance of  
mental health and well-being and providing meaningful  
opportunity to get involved in serving this important initiative,



#### Contact Info:

Lion Jocelyn Wan  
MD19 Global Service Team Coordinator  
lionjocelynw@gmail.com

*Our Club and Vancouver East Lions Club jointly organized the Mental Health Workshop “How to cope with aging: “Healthful” minds & happy hearts”. We invited our speaker, Dr. Vivian Lo, to talk about mental health in physical and virtual settings. There were around 40 person attended the workshop.*

*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

## DISTRICT 19L / ZONE A7

### NEWSLETTER - OCTOBER 2025

*Our President and a Member attend the Board installation of Richmond Lahoo Lions Club in the evening of October 18<sup>th</sup>.*

*Congratulation to Maria Xu to become the President for the new term.*



*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

On October 21<sup>st</sup>, our District Governor, Theresa Ng, visited our Club and having a dinner reception. During the visit, our President reported that, for the current fiscal year, we had achieved the following:

We did 1,283 service hours; served 2,622 person; donated \$7,000; increased our Lions Club members by 3 to 19; increase our Leo Club members by 6 to 59.

In the dinner, we presented the birthday cake for those members celebrating birthdays in November and December.



*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025



*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025

# LIONS & LEOS WEEKS OF SERVICE 2025-2026



The Weeks of Service centers around significant international days, highlighting the impact of Lions through the world. Lions are encouraged to do service that greatly impacts their communities while also finding sustainable ways to increase service impact, visibility of the Lions brand through consistent periods of service.

## THE 3 FOCUS AREAS FOR THIS FY INCLUDE:



### MENTAL HEALTH & WELL-BEING

**LIONS SERVICE WEEK** WILL BE ON  
**OCTOBER 4-12, 2025**



### HUNGER

**LIONS SERVICE WEEK** WILL BE FROM  
**JANUARY 3-11, 2026**



### ENVIRONMENT

**LIONS SERVICE WEEK** WILL BE FROM  
**APRIL 18-26, 2026**

*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*



# VANCOUVER POINT GREY LIONS CLUB

DISTRICT 19L / ZONE A7

NEWSLETTER - OCTOBER 2025



Never  
underestimate  
the difference  
you make



## Stay Connected

- 🌐 Website: <https://pointgreylionsclub.ca>
- 🌐 Website: <https://leo.pointgreylionsclub.ca> (Our Leo Club)
- ✉ Email: [contact@pointgreylionsclub.ca](mailto:contact@pointgreylionsclub.ca)

*We Serve with Heart and Purpose. Thank you for being part of our Lions family!*