



**九龍會**  
Kowloon Club

◀橋訊▶月刊 2014 年 12 月號  
Newsletter Dec 2014 Issue

名譽會長 (Honorary President) :

苗卫国 先生 Mr. Miao Weiguo  
孙 威 先生 Mr. Sun Wei  
刘结红 女士 Ms. Liu Jiehong  
陳恒輝 先生 Mr. Chan Heng Fai

2013 – 2015 年度委員會 (Committee List)

執行委員 (Executive Committee) :

會長 : 陳文平 先生  
President : Mr. Philip Chan Man Ping  
副會長 : 李志偉 博士  
Vice President : Dr. Lee Chi Wai  
副會長 : 劉敏茜 女士  
Vice President : Ms. Rosina Lau Man Sai  
秘書 : 陳文和 先生  
Secretary : Mr. Chan Man Wo Randy  
副秘書 : 嚴紅霞 女士  
Asst. Secretary : Ms. Yan Hongxia  
財政 : 林宝吉 先生  
Treasurer : Mr. Lim Poh Kiat  
副財政 : 張礪業 博士  
Asst. Treasurer : Dr. Cheung Lai Yip Eric

委員 (Committee Members) :

馬守祥 先生 Mr. Ma Sau Cheung  
劉勁成 先生 Mr. Law Kum Seng  
廖馬小齊女士 Ms. Liu Ma Siu Chai Betty  
董慶龍 先生 Mr. Tong Khing Chung Simon

Address: 93 Toa Payoh Central, #05-02, Toa Payoh  
Central Community Building, Singapore 319194  
地址: 大巴窰中 93 號, 大巴窰中民眾俱樂部  
5 樓 502 室, 新加坡郵編 319194

Contact Us :

Call (65)6440-9237, Fax: (65) 63484020  
Website: <http://www.kowloonclub.org.sg>  
Email: [info@kowloonclub.org.sg](mailto:info@kowloonclub.org.sg)

Facebook:

<https://www.facebook.com/KowloonClubSingapore>

Office Opening Hours:

10:00 – 18:00 (Monday to Friday)  
Closed on Saturday / Sunday and Public Holiday  
辦公時間: 早上 10 時至下午 6 時 (星期一至五)  
星期六/日及公眾假期休息

會員如對本會或有關組別有任何意見或建議,  
歡迎使用以上任何途徑與本會聯絡。謝謝!

Members are welcome to give comments and suggestions  
to the club and its sub-groups. Please kindly use the  
above-mentioned communication methods to contact us.  
Thank You!

**\*\*\* 最新活動 / 快訊 Latest Activities / News \*\*\***

**1. 懷舊食譜酒宴, 美酒佳餚迎新年!**

**Celebrate the New Year with Teochew Cuisine Nostalgia Banquet and Fine Wine**

2015 年即將來臨, 九龍會跟往年一樣, 聯繫了知名食肆「金龍船潮州酒家」於 12 月 27 日 (星期六) 特別預訂美味潮州美食“懷舊食譜酒宴”, 與各會員好友一齊享用佳餚, 免費品嚐法國紅酒, 大家同歡共慶迎新年。To welcome the 2015 New Year, Kowloon Club has reserved tables at the renown Kam Boat Teochew Restaurant for Teochew Cuisine Nostalgia banquet on 27 December 2014, Saturday. Club members and friends are welcomed to enjoy the sumptuous food and fine wine as well as celebrating the 2015 New Year. (Free tasting French Wine )

**懷舊宴菜單如下:**

- |                 |                         |
|-----------------|-------------------------|
| *大蝦鮮菜沙律         | *小碟: (滴水鴨片、花鴨醉雞亦、素鵝、分蹄) |
| *粟米魚肚羹          | *梅菜蒸鮫魚                  |
| *南乳吊燒雞          | *潮州凍藍花蟹                 |
| *水晶雙點 (桂花糕、馬蹄糕) | *羅漢齋上素                  |
|                 | *港式臘味煲飯                 |
|                 | *免費品嚐法國紅酒、及汽水、中國茗茶 免費供應 |

日期 Date:	27 Dec. 2014 (Saturday) 7:00pm – 9:30pm
費用 Fee:	每位 S\$45 (大小同價) Each pax S\$45 (Adult & Child same)
地點:	金龍船潮州酒家 Kam Boat Teochew Restaurant, No. 1 Tanglin Road #01-13 Orchard Parade Hotel, Singapore 247905

## **2. Facebook 工作坊初班 Facebook workshop for Beginner**

Facebook 是最普遍及最多人使用的社交平台網站。今天很多人談論及使用 Facebook，你知道她是如何使用嗎？她有多少功能嗎？如何開設你個人的 Facebook，如何設定？現在無論你或你的親人朋友身在何地都可以通過 Facebook 聯繫，分享照片，短片，閱報或其他不同的資訊。功用效能不能盡列，快來報名參加這 Facebook 功作坊，你將會學習更多。

Facebook is the most popular social networking website today. Do you know what's the Facebook is and some of the features you have to access to use? Whatever where you are, Facebook can be used to communicate with your family, friends, share photos, read the news or any articles..... many and many. Come and join us of the workshop, you will learn more.

日期 Date:	2015 年 1 月 24 日 (星期六) January 24, 2015(Saturday)
時間 Time:	2:00 pm ~ 4:00 pm
地點 Venus:	93 Toa Payoh Central, Toa Payoh Central Community Club #04-01, S 319194 大巴窰中 93 號, 大巴窰中民眾俱樂部四樓(#04-01), 新加坡郵編 319194
費用 Cost:	會員/非會員 每位 S\$ 5.- Member / Nonmember:: S\$ 5 per person
查詢請電 6440 9237 或 Email: <a href="mailto:info@kowloonclub.org.sg">info@kowloonclub.org.sg</a> 聯絡本會 Any enquiry, Please call or Email us.	

## **3. Health Talk of Osteoarthritis and Cancer Care 骨關節炎及癌症預防健康講座**

### Osteoarthritis 骨關節炎

Do you experience pain and stiffness in your joints? Has an ordinary task such as climbing up the stairs or making your bed in the morning become almost impossible? If yes, you might be suffering from osteoarthritis.

According to the World Health Organization (WHO), it is estimated that 9.6% of men and 18% of women aged  $\geq 60$  years have symptomatic osteoarthritis worldwide. So, what is osteoarthritis?

Osteoarthritis is the most common type of degenerative joint disease and is a leading cause of pain and disability in most countries worldwide. It may affect any joint of the body, most commonly in the knee and hip, and is a condition that worsens with time. The prevalence of osteoarthritis increases with age and generally affects women more often than men.

Knee osteoarthritis is one of the five leading causes of disability in Singapore. Being a nation with the rapid aging population and a rise in obesity, the prevalence of osteoarthritis is expected to grow dramatically in Singapore. So how do you know if you have osteoarthritis? What are the symptoms? Besides popping pain killers which only work short term, what are other treatment options available?

Do not suffer in silence. Join us at the health talk by Dr Raymond Yuen on 31 Jan 2015 (Sat) at Macpherson Community Centre to find out more about the disease and what to do if you have osteoarthritis.

### Cancer Care 癌症預防

Did you know that 1 in 3 Singaporean dies of cancer? Based on statistics reported by the Singapore Cancer Society, 14 people die from cancer every day. Many people perceive cancer as a death sentence, when in fact, cancer can be treated if detected early. Recognizing the early signs, and going for regular check-ups can also help to save lives. So, what are these signs to look out for? When should you go for check-ups? How to lower your risks of getting cancer? Dr Yuen will also be sharing valuable information on cancer and how can we prevent this possibly fatal disease.

Come join us on 31 Jan 15 to find out how you can protect yourself or reduce the risk of cancer.

# Painful Joints?

What you need to know and the treatment options

# Cancer prevalence is on the rise!

Tips and ways to reduce your risk of getting it.

Please join us to find out the treatment options for joint pain and also tips on how to reduce risks of getting cancer!



**Venue:** Macpherson Community Club - Second Level Theatre  
400 Paya Lebar Way Singapore 379131

**Date:** 31<sup>st</sup> January 2015, Saturday

**Time:** 2.30 – 5.00pm

**Registration fee:** \$10 per person\*

\*Light refreshment will be provided \*A gift bag worth more than \$10.00 will be given away

## PROGRAMME (English with Mandarin Translation)

2.00 – 2.30 pm Registration

2.30 – 3.00 pm Treatment options for knee pain

*Dr Raymond Yuen Chuen Fong*

*Hosanna Medical Centre*

*MBBS (HKU), MMedSc (HKU), MMed (OM) (NUS), FAMS*

*Registered Family Physician, Occupational Medicine Specialist;*

*Medical Consultant (Honorary) at 365 Cancer Prevention Society*

3.00 – 3.15 pm Q & A

3.15 – 3.45 pm Tea Reception

3.45 – 4.15 pm Cancer cases on the rise in Singapore!

*What to look out for and how to reduce or prevent risk factors.*

*Dr Raymond Yuen Chuen Fong*

4.15 – 4.30 pm Q & A

4.30 – 5.00 pm Gift bags collection

## REGISTRATION (Seats limited)

To register for this talk, please fill up the following and make payment to:

*Kowloon Club - 93 Toa Payoh Central, #05-02, Toa Payoh Central Community Building S 319194 Tel: 64409237*

*Or Hosanna Medical Centre, 51 Circuit Rd #01-797 Singapore 370051 Tel: 6746-1772*

Please complete the following information.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Contact No.: \_\_\_\_\_

Email: \_\_\_\_\_

By checking this, I hereby CONSENT to KOWLOON CLUB, as well as its third party service providers and agents, collecting, using and disclosing my Personal Data in accordance with its Personal Data Protecting Policy for the purpose of sending me marketing, advertising and promotional information about products and services that it may be offering, and which it believes may be of interest or benefit to me, via postal mail &/or email.

Organiser:

**PharmLine**  
Marketing Pte Ltd

Co-organiser: KOWLOON CLUB

#### 4. 九龍會慶祝 25 週年會員特別優惠

##### **Special membership offer in celebration of Kowloon Club's 25<sup>th</sup> Anniversary**

九龍會慶祝將於 2015 年到來的 25 週年會慶，推出特別優惠：凡會員期限到期或已過期的會員，以 S\$50 元優惠價將會員續期至 2020 年 12 月 31 日（正常價每年 S\$35 元）。未到期的會員可在期限到期時以同樣 S\$50 元優惠價將會員繼期至 2020 年 12 月 31 日。

新會員同樣享有優惠價 S\$70 入會，會籍有效期至 2020 年 12 月 31 日。  
任何查詢，請電郵 [info@kowloonclub.org.sg](mailto:info@kowloonclub.org.sg) or 電 64409237。

It will be the 25th Anniversary of Kowloon Club in 2015. To celebrate this, the Club will have a special offer to those whose memberships are expiring, including those memberships which had expired: from now, only need to pay S\$50 to renew their memberships and their memberships will valid until 31 Dec., 2020 (normal rate is S\$35 per year). Those whose memberships are still valid can renew their memberships when they are due to the same special rate of S\$50 and valid until 31 December 2020.

New membership also comes with a special offer. With a joining fee of S\$70, a new membership enjoys a validity until 31 December 2020.

Any inquiry, please email [info@kowloonclub.org.sg](mailto:info@kowloonclub.org.sg) or call 64409237.

#### 5. 辦理平安紙代書服務 Will Drafting Service

許多人都有計劃性地積累財富，為所愛的人提供生活保險金或其他形式的儲蓄，但如果有立下平安紙(遺囑)，在我們過世以後，我們所愛的人將可以順利分配到我們的遺產。平安紙(遺囑)為保護我們所愛的人的利益關係扮演非常重要的角色。為方便會員能以本身的語言清楚地表達立平安紙(遺囑)的內容和意願，本會現任副會長及律師：劉敏茜女士替會員辦理平安紙代書。會員辦理平安紙代書之費用為：個人\$280 起，兩人\$500 起。扣除基本文書成本後，所有收入將全數捐助本會。查詢或預約面談時間，請致電本會 64409237。

Many people save money in forms of bank, saving and insurance for their loved ones. However, some fail to make wills. Wills make things simple for your loved ones after your passing away. Your loved ones will get exactly what you intend to bequeath them. Wills are very important in protecting the interest of your loved ones. Kowloon Club provides will drafting services and members can use their native languages to express their wishes. Our Vice President Ms. Rosina Lau is a lawyer who can provide will drafting services. The services are from \$280 for one person and \$500 for two people. After deducting the basic drafting cost, all profits will be donated to Kowloon Club. For more information and appointment, please call 64409237.

#### 6. 興趣小組定期活動 Regular Activities

有關各興趣小組定期活動詳情,歡迎參與,查詢請電本會 6440-9237。 Welcome to join the following activities. Please call 6440-9237 for more details.

SubGroup	項目 Item	活動時間 / Time	活動地點 / Venus	費用 / Fare
體育組 Sports	足球 Soccer	逢星期日 (Each Sunday) 上午(07:45 ~ 11:00 am)	練習場地 Soccer Field (聯絡 Contact: Mr. Randy Chan)	非隊員每場 \$10- Non Member per Game
體育組 Sports	乒乓球 Table Tennis	逢星期日 (Each Sunday) 上午(09:00 ~ 12:00 pm)	CCAB Sport Hall 非隊員每次\$ 7.- (聯絡 Contact: Mr. Thomas Lo)	Non-member \$7/day
體育組 Sports	網球 Tennis	逢星期日 (Each Sunday) 上午(08:00 ~ 11:00 am)	CCAB Sport Hall 固定:每月\$18.-其他:每次\$ 5.- (聯絡 Contact: Mr. Patrick Yu)	Regular: 18/month, Others: \$ 5/ day.-
婦女組 Sports	羽毛球 Badminton	逢星期三 (Each Wednesday) 上午(9:00 ~ 11:00 am)	Clementi Sport Hall (聯絡 Contact: Ms. Joanna Wong)	出席者平均分擔 Equally shared

## 7. 國泰 (CX) 往返香港, 最長逗留期 1 年, 最低票價, 每位 S\$668 起 (連機場稅)

Cathay Pacific Airlines (SIN/HKG/SIN) Max Stay 1 year, Lowest Fare S\$668 up (with taxes)

目的地 Dest.	行程 Route	訂票 Booking	出發日期/其他 Departure/Others	最少 Min.Stay	最長 Max.Stay	等級 Class	成人 Adult	小童 Child	里數 Miles	改期 Re-book
新/港/新	來回程	Now to 30/04/15	Any flight Now ~ 30/10/15	NA	12 M	V	\$ 668	\$ 541	有 Y	不用 NO
				NA	12 M	L	\$708	\$ 573	有 Y	不用 NO
				NA	12 M	M	\$ 773	\$ 625	有 Y	不用 NO
				NA	12 M	K	\$ 928	\$ 749	有 Y	不用 NO
				NA	12 M	H	\$1113	\$ 897	有 Y	不用 NO
				NA	12 M	B	\$1318	\$ 1061	有 Y	不用 NO
新/港/新 商務客位 S/H/S Round Trip Business Class				NA	12 M	I	\$ 2033	\$ 1633	有 Y	不用 NO
				NA	12 M	D	\$ 2533	\$ 2033	有 Y	不用 NO

### 國泰航空機票優惠票價特別附帶條款:

- 機票簽註: 機票不能轉讓、不能更改航線。
- 稅務/附加費用: 上表所列費用已包括所有稅務\*。
- 訂票及出票: 機位確定後, 需於 3 個工作天內出票。全部採用電子機票系統。不接納沒有預定機位的機票。
- 更改日期: 更改行程(包括出發及回程)無需另繳任何費用。  
更改行程必須不少於 24 小時前並與本會 6440-9237 聯絡(星期六、日及假日除外)。
- 更改等級: 所有機票, 轉換訂票等級需繳付 **S\$100** 及 **差額**。
- 放棄預定機位: 於機票有效期內放棄預定機位(no show), 即航班起飛前沒有更改行程, 需繳付費用: 經濟位 **S\$150**, 商務位 **S\$300**。
- 退票: 已使用(出發)之機票不接受退票。完整並未使用之機票而退票者需繳付 **S\$150** 退票費及 **S\$25** 行政費。
- 飛行里數: 可累積飛行里數。
- 其他: 機票必須從新加坡出發及回程, 所有未經指定航線的機票將自動失效不能乘坐。
- \*機票價錢/稅務/航班時間及條款等, 均以航空公司最新公佈為準, 恕不另行通知。

**訂票請早:** 訂票/查詢, 請致電九龍會 6440-9237, Fax: 6348-4020, Email: [info@kowloonclub.org.sg](mailto:info@kowloonclub.org.sg)

### ADDITIONAL TERMS & CONDITIONS FOR SPECIFIC FARE TYPES

- Endorsement: Non-Endo/Rerte.
- Taxes/surcharges: All relevant taxes/ surcharges are included\*.
- Ticketing: All tickets must be issued within 3 working days upon flight confirmation. Valid on E-tickets only. Open-dated tickets not allowed. Tickets must be issued on confirmed flights.
- Rebooking: Flight / Date change permitted without penalty. Rebooking flight/date should be contact us by Call / Email at least one working day before departure.
- Class Change: Class change permitted with a surcharge of **S\$100** plus fare different amount.
- No-show fee: No show fee Economy Class **S\$150**, Business Class **\$300** will apply for per passengers who fail to make prior cancellation of their confirmed flights.
- Refund: No refund for partially used tickets. Refund for fully unutilized tickets will charge a refund fee of **S\$150** plus admin fee **S\$25**.
- FFP Mileage Accrual: The Asia Miles mileage allowed except indicated.
- Others: Tickets, travel must be used in sequence. Any abuse will result in auto-cancellation of down-line booking.
- \* PRICES/TAXES/SURCHARGES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

**Book Now!** Call us 6440 9237 or Email your booking details to [info@kowloonclub.org.sg](mailto:info@kowloonclub.org.sg) or Fax to 63484020.

### \*\* 活動報名須知 Activity Registration Notice \*\*

- 報名次序: 歡迎參加本會誠意為您安排的各項活動, 由於個別活動的名額有限, 報名將以先到先得處理。請及早報名, 與您的家人齊來, 分享各式各類活動的樂趣。Registration priority: Welcome to join our activities. Owing to availability of individual activities, members are encouraged to register early to reserve their places, i.e., first come first served. You can enjoy the activities with your families and friends.
- 保險及責任: 由於各人的需求不同, 本會將不會為各項活動的參加者購買任何保險, 參加者可應本身的需要自行投保。如旅途中有任何交通延誤、行李遺失、意外傷亡或財物損失等, 九龍會概不負責, 參加者必須同意此點, 始可報名。Insurance and responsibilities: Kowloon Club will not insure the activity participants. Participants are encouraged to buy insurance according to their own needs. Kowloon Club will not bear any responsibility In cases of transportation delay, luggage loss, accident, death or loss of belongings. Participants must agree to these terms of conditions before registering for the activities.



## 報名表格 Registration Form

Please fill in the form, mail back together with a crossed check payable to “**Kowloon Club**” or a receipt after the fund transfer via ATM or Internet Banking to **DBS Current Account: 001-039936-5**, by email [info@kowloonclub.org.sg](mailto:info@kowloonclub.org.sg) or fax 63484020. Please call 64409237 or email us for enquiry. Thanks!

請填妥報名表格，郵寄劃線支票及收款人寫 Kowloon Club，或現金轉賬以 ATM 或 Internet 付款至本會銀行戶口 DBS Current Account: 001-039936-5，連同付款收據及表格電郵或傳真 63484020 至本會。如有查詢，請致電向本會 64409237 職員查詢。謝謝！

Name 姓名: \_\_\_\_\_ Membership No. 會員編號 (If have 如有): \_\_\_\_\_

Email 電郵: \_\_\_\_\_ Handphone 手機: \_\_\_\_\_

Activity Name 活動名稱	Date 日期	No. of Participate 參加人數	Each 每位 S\$	Amount 金額 S\$
懷舊食譜酒宴, 美酒佳餚迎新年 Celebrate the NY with Teochew Cuisine Nostalgia Banquet and Fine Wine	27/12		會員 / 非會員 Member / Non Member S\$45	
Facebook 工作坊初班 Facebook workshop for Beginner	24/01		會員 / 非會員 Member / Non Member S\$5	
骨關節炎及癌症預防健康講座 Health Talk of Osteoarthritis and Cancer Care	31/01		會員 / 非會員 Member / Non Member S\$ 10	
<b>Payment 付款資料</b>	Cheque No. 支票號碼		Bank 銀行	Total Amount 金額: S\$