



九龍會 Kowloon Club

◀橋訊▶月刊 2015 年 1 月號 Newsletter Jan 2015 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

企業會員 (Corporate Membership)

C & H Properties Pte Ltd
 Singapore eDevelopment Ltd.

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/地址:

93 Toa Payoh Central, #05-02, Toa Payoh Central
 Community Building, Singapore 319194

Contact Us :

Call (65)6440-9237, Fax: (65) 63484020

Website: <http://www.kowloonclub.org.sg>

Email: info@kowloonclub.org.sg

Facebook:

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

Office Opening Hours/辦公時間 : :

10:00 – 18:00 (Monday to Friday)

Closed on Saturday / Sunday and Public Holiday

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!

Activity Photos:美酒佳餚迎新年 New Year Banquet and Fine Wine



1. 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:	info@kowloonclub.org.sg 聯絡本會 Any enquiry, Please call or Email us.

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

骨關節炎 Osteoarthritis 你是否有關節疼痛和僵硬的經歷？或者做普通的動作，如攀爬樓梯或在早晨睡醒後整理床褥却感到力不從心呢？如果答案是“是”的話，你可能患上了骨關節炎。根據世界衛生組織（WHO）估計，世界上年齡在 60 歲以上的人，有 9.6% 的男性和 18% 的女性有骨關節炎症狀。那麼，什麼是骨關節炎？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 ≥ 60 years have symptomatic osteoarthritis worldwide. So, what is osteoarthritis?

骨關節炎是退化性關節病最常見的類型，也是當今世界上疼痛和殘疾的主要原因。它可影響身體的任何關節，最常見的部位是膝關節和髖關節，並且病情會隨時間而惡化。骨關節炎的患病率會隨著年齡而增加，往往對女性影響多於男性。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.

膝關節炎在新加坡是引起殘疾的五個主要原因之一。作為一個快速年齡老化和肥胖人口上升的國家，骨關節炎的患病率預計將在新加坡大幅增長。你怎麼知道是否患上了骨關節炎？骨關節炎有什麼症狀？除了服短期有效的止痛藥外，還有什麼其他的治療方法？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?

不要諱疾忌醫。請參加袁泉芳醫生 2015 年 1 月 31 日在 Macpherson 民眾俱樂部舉行的醫療講座，以便了解更多詳情以及知道怎樣預防骨關節炎。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.

預防癌症 Cancer Care 你知道 3 位新加坡人之中有 1 位死於癌症嗎？根據新加坡癌症協會的統計數據報告，新加坡每天有 14 人死於癌症。許多人認為患上癌症為死刑判決。其實，如果及早發現，癌症是可以治療的。認識到早期症狀，以及做定期身體檢查，也可以幫助挽救生命。那麼，要找出什麼症狀呢？你幾時應該去做身體檢查？如何降低患癌的風險？袁泉芳醫生也將分享有關癌症知識和我們怎樣才能防止這種可能致命的疾病。參加我們的講座，認識你怎樣保護自己或怎樣降低患癌風險。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 to find out how you can protect yourself or reduce the risk of cancer.

Address 地點: Macpherson Community Club - **Second Level Theatre**, 400 Paya Lebar Way, Singapore 379131

Transport 交通: 巴士服務 Bus Services 40,61,63,65,66,135,154,155,158

Date 日期: January 31, 2015 (Saturday) Time 時間: 2:30pm – 5:00pm Fee 費用: S\$5

報名請填寫附上的表格並連同劃線支票（抬頭 KOWLOON CLUB）寄到 93 Toa Payoh Central, #05-02 Toa Payoh Central Community Building, Singapore 319194, 詳情請電: 6440 9237 或 Email: info@kowloonclub.org.sg

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: 31st January 2015, Saturday

Time: 2.30 – 5.00pm

Registration fee: \$5 per person*

The Updated Price

*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

3. 新加坡武裝部隊成立 50 週年展覽及登陸坦克登陸艦 (LST) 旅程

The SAF50 Exhibition and Ship tour of the LST

2015 年是新加坡獨立第 50 年，2015 年也是新加坡武裝部隊成立 50 週年。為慶祝這個舉國歡騰的年度，新加坡海軍部隊在怡豐城停靠了一艘坦克登陸艦 (LST) 公開展示，展覽活動讓參加者感受陽光與海的航海的生活。Marks 50 years of both Singapore's independence and the formation of the SAF. In celebration of SAF50, the Republic of Singapore Navy (RSN) is bringing a slice of the sun, sea and sailing life to the public at the ViVOCiTY. It's the Landing Ship Tank (LST) which has been docked there.

我們(九龍會)受國防部特別邀請，安排我會的會員朋友們參觀新加坡海軍部成立 50 週年的展覽及登陸坦克登陸艦 (LST) 旅程，活動日期在 2015 年 2 月 14 日，上午 9 時至 12 時在怡豐城。

We (Kowloon Club) are invited by MINDEF to visit the SAF50 Exhibition and Ship tour of the LST at ViVOCiTY on Saturday, 14 February 2015 9:00am to 12:00pm.

費用全免，票券將於稍後通知安排取票日期，請預早登記及任何查詢，請電，填表及電郵本會。The fare is Free of Charge. To reserve and collect the ticket or any enquiry, please call us 6440 9237 or fill up the form and email to info@kowloonclub.org.sg.

4. 九龍會慶祝 25 週年會員特別優惠

Special membership offer in celebration of Kowloon Club's 25th 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，會藉有效期至 2020 年 12 月 31 日。

任何查詢，請電郵 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 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.- Regular: 18/month, Others: \$ 5/ day.- (聯絡 Contact:: Mr. Patrick Yu)	
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

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.

9. Others Tickets, travel must be used in sequence. Any abuse will result in auto-cancellation of down-line booking.
10. * 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 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 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\$
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\$5	請填寫前頁 之表格。 Please fill the form at the front page.
新加坡武裝部隊成立 50 週 年展覽及登陸坦克登陸艦 (LST) 旅程 The SAF50 Exhibition and Ship tour of the LST	14/02		會員 / 非會員 Member / Non Member	免費 Free of charge
Payment 付款資料	Cheque No. 支票號碼		Bank 銀行	Total Amount 金額: S\$