

## 拉柏多公园慈善步行

参加拉柏多公园慈善步行活动，运动可以锻炼身体，与家人朋友出游，接触大自然，探索新加坡的港口历史，欣赏茂盛的绿林、怡人的海岸、观赏野生飞禽；同时又可以回馈社会，帮忙有需要的人，为他们的不幸尽一点心意。本会今年继续为“体障人士协会”“Society for the Physically Disabled”（简称SPD）筹款，帮助残疾人士跨越障碍，发挥潜能，融入社会。



### 【简单介绍拉柏多公园】

拉柏多公园全长 2.1 公里，占地 16.8 公顷，1997 年修葺重建落成。拉柏多公园蕴藏着丰富海洋和海岸生物，也曾经历过第二次世界大战，公园内的地堡外形保留得相当完整，是个天然遗产丰富的景点。



二战地堡和炮台：拉柏多炮台是英军防御工事的其中一个重要据点。英军以为敌军只可能从南面海上进攻，于是防御工事集中在南部沿海一带，在这个山岗上建炮台以防守发巴码头的西面入口，以保卫新加坡的水域。四个主要的二战地堡和炮台是航海和历史价值的景点，地堡内和入口处的指示说明牌，向游客诉说二战的血泪史，而且有防御沙包围起的地堡走廊。



眺望台：突出在山岬外 12 公尺的眺望台，伫立在海拔 35 公尺的斜坡上，眼前没有参差高木的阻隔，远处的毛广岛、圣淘沙岛和忙碌船务之景，尽收眼帘。

风之韵：从眺望台继续向南走，就在靠海附近，当局装置 6 个乐器，海风一吹，发出悦耳的声响，让你在这个被称为“风之韵”的角落里，如置身在音乐世界。这是新加坡第一个装置风铃的公园。

☆☆☆ 经过短短约 45 分钟的步行中，历史、自然与海岸径三大截然不同的景观均尽收眼帘。在舒泰心身的心情，轻柔的海风吹拂下，享用餐点，为充沛又美满的一天加上色彩。呼吁会员朋友们带同家人踊跃参加。

慈善活动参加费用：	每名参加者最少捐款 S\$15 或以上
举办日期 / 时间：	2013 年 4 月 20 日（星期六）早上 9 时正
集合地点：	拉柏多公园停车场 B
出席者免费获赠：	运动帽一顶、矿泉水一瓶、及自助午步。
报名或查询：	填妥后页报名表格，或电 64409237 / <a href="mailto:info@kowloonclub.org.sg">info@kowloonclub.org.sg</a> 查询。



关于体障人士协会 体障人士协会(简称 SPD)是一个志愿福利团体,也是一个一站式的服务机构。SPD 主办多类的活动和服务,为各年龄层的残疾人士提供康复,就业培训,教育援助,早期疗育,辅助科技方面的帮助与咨询,以及福利服务。得知更多详情,请游览网站 [www.spd.org.sg](http://www.spd.org.sg)。



## Labrador Nature Reserve Charity Walk

Following last year's Charity Walk at Punggol Waterway, we will be organizing a charity walk at Labrador Nature Reserve this year. Kowloon Club will once again aim to raise funds for the Society for the Physically Disabled (SPD). In addition to doing our part for charity, this is also an excellent opportunity for working out and spending time with family members exploring the greenery and wildlife along the tranquil coastal walking trail. Through interaction with the beneficiaries of SPD, we also hope to help them develop their potential to be self-reliant and independent.



### 【 Brief Introduction of Labrador Nature Reserve 】

Labrador Nature Reserve is 2.1km long and has an area of 16.8 hectares. Rebuilt in 1997, it boasts a rich variety of flora and fauna. Labrador Park played a significant role during the World War II, and military relics are well preserved in the park.



**World War II bunkers and Cannons:** The Cannons were one of the important British military defense installations. The British had expected the enemy to attack from the south and from the sea, hence the military defenses had mostly been placed along the southern coast. The cannon battery was built at the highest point to defend Keppel Harbour's western entrance. There are four main bunkers and cannon forts rich in naval and historic value. Visitors can read the interpretative signage along the trail.



**Outlook Deck:** Walk through Singapore's only coastal cliff and enjoy a spectacular view of Singapore offshore islands from the lookout deck.

**Wonder of the Wind:** Further south from the outlook deck near the seaside, there are 6 musical instruments which make melodious sounds when played by the sea breeze. This is the only musical instrument placed in a park in Singapore.

☆☆☆ The walk will take about 45 minutes, during which you will experience the fascinating connection between the landscape, historical themes and picturesque view of the sea. A sumptuous buffet under the sea breeze awaits you at the end of the trail. Please bring along your family and friends to support.

Cost of Charity Walk:	Minimum donation: S\$15 or above
Date and Time:	Saturday, 20 April 2013, 9:00 am
Gathering Place:	Car Park B at Labrador Nature Reserve
Freebies:	A cap and a bottle of drinking water will be distributed. Buffet lunch will also be prepared for the participants.
Register or Enquiry:	Please fill in the form and follow the payment instruction. For enquiry, call 6440 9237 / <a href="mailto:info@kowloonclub.org.sg">info@kowloonclub.org.sg</a> .

### About the Society for the Physically Disabled



The Society for the Physically Disabled (SPD) is a voluntary welfare organisation that promotes the interest, welfare and advancement of people with disabilities, in

particular working in partnership with people with physical disabilities to develop their potential to the fullest. Through programmes and services

that encompass rehabilitation, vocational skills and IT training, educational support, employment, assistive technology, day care, early intervention and social support, we seek to enable people with disabilities to be self-reliant and independent. For more information, please visit [www.spd.org.sg](http://www.spd.org.sg).



### 报名表格 Registration Form

Please fill in the form, mail back together with a crossed check payable to "Kowloon Club" or a receipt after 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!

请填写报名表，邮寄划线支票及收款人写 **Kowloon Club**，或现金转账以 ATM 或 Internet 付款至本会银行账户 **DBS Current Account: 001-039936-5**，连同付款收据及表格电邮或传真 63484020 至本会。如有查询，请致电向本会 64409237 职员查询。谢谢！

Name 姓名: \_\_\_\_\_ Membership No. 会员编号 (If have 如有): \_\_\_\_\_

Email 电邮: \_\_\_\_\_ Handphone 手机: \_\_\_\_\_

Activity Name 活动名称	Date 日期	No. of Participate 参加人数	Each 每位 S\$	Amount 金额 S\$
Labrador Nature Reserve Charity Walk 拉柏多公园慈善步行	20/04		S\$ 15.-	
			Others S\$	
Payment 付款资料	Bank 银行:		Cheque No. 支票号码:	Total Amount 金额: S\$