



# 新加坡海南林氏公会

## Hainan Lim Clan Association (Singapore)

2016年7月 - 2017年1月

Newsletter **会讯**



### 第五十六届(2017/2018)理事会(执行委员会)成立

**公**会在2016年11月至12月举行理事会换届选举，经过初选与复选，选出第五十六届新理事(执委)；并在2017年1月8日(星期日)在我会礼堂举行宣誓就职典礼，由我会名誉主席兼会务顾问鸿图宗长监誓。於是理事会宣告正式成立。廷万宗长，众望所归，高票当选继续担任本会主席，是为新理事会第一亮点。另一亮点为诗美宗长。他亦高票当选继续担任第一副主席，负责繁重的马泰新三国林氏宗亲恳亲会筹备工作。恳亲会是今年(2017)重点活动，筹备工作千丝万缕，我们看诗美宗长运筹帷幄，指挥若定，因而对他抱着无限期望，也给予他全力支持和由衷的祝福。



第五十六届理事宣誓就职，名誉主席兼会务顾问鸿图宗长监誓

第五十六届理事会成员芳名如下：

荣誉顾问：林陈惠华  
 名誉顾问：拿督廷灏  
 首席会务顾问：徐典教授  
 名誉主席兼会务顾问：鸿图 猷冠JP,BBM(L) 少廷  
 法律顾问：家栋  
 名誉主席：鸿任 日午  
 名誉常委：猷宏 树雄  
 名誉执委：鸿宝 日东

财政：大栋 副财政：方海  
 康乐股主任：端利PBM 组织股主任：师旗  
 交际股主任：东旋 文书股主任：方强  
 文教股主任：猷岸 青年股主任：诗伴PBM

#### 执行委员

副康乐股主任：良武 书吉 副组织股主任：玉娟 诗强  
 副交际股主任：明礼 副文书股主任：林成  
 副文教股主任：文山 副青年股主任：书勉

#### 常务执行委员

主席：廷万 第一副主席：诗美  
 第二副主席：道钧BBM  
 第三副主席：鸿龙  
 总务：道美PBM 第一副总务：明科  
 第二副总务：方心

明忠 道生 方英 廷伦 猷杰 熙楠 宝美  
 师钵 猷幹 鸿英 道涵 方宇 绍顺 猷保  
 鸿凯 明星 如红

查账：猷镇 副查账：益谦

# 保健讲座：“三高的概述和管理”



我 会于2016年9月11日,下午2时30分,特别为会员在公会礼堂举行一场华语专题讲座“三高的概述和管理”。会员踊跃出席。

这场专题讲座,由我会名誉会长丽玉宗姐(保健促进局副局长)安排其护士教育员王彩娟小姐主讲。

所谓的三高,乃指三种慢性疾病: 1) 糖尿病, 2) 高血脂和3) 高血压。

王小姐以浅白易懂和风趣的语言讲解三高的管理, 主要内容包括: 如何自我护理, 如足部护理, 血压监测, 病假期间护理, 旅游

安全医疗管理; 主要在饮食方面要均衡, 按时吃药, 定时到医院做体检, 时常运动, 及出外活动, 以快乐的心境面对生活。

期间, 为了激发会员注意聆听有益身心健康知识, 同时加强主讲人与会员之间的互动, 保健促进局特别安排“有奖问答”项目, 奖品是保健促进局赠送的热水壶。此外, 会员也很积极的向王小姐发问, 令场面生动有趣。

王小姐不忘提醒大家, 新加坡国民一般都很健康, 享有高龄, 不过由于丰衣足食, 也容易患上这三种慢性疾病。

讲座结束后, 每一个参与者都获得纪念品(保健促进局的卷尺)。部分会员表示, 这个保健讲座非常有意义, 可让大家提高健康意识。希望今后有更多的保健活动。

有鉴于会员的积极响应和宝贵意见, 我会将与保健促进局紧密合作, 希望能在2017年继续为会员主办一系列有关保健的活动。届时, 希望会员踊跃出席。

## Healthcare Talk: Highlights of 3 Highs and their Management

Our Association held a talk on “Highlights of 3 Highs and their Management” on 11.9.2016 at 2.30 pm in our auditorium, which was supported by members enthusiastically.

The talk was specially arranged for our members through the good offices of our Honorary President, Madam Lim Lee Yee, Deputy Director of the Singapore Health Promotion Board. The speaker was Ms Wang Caijun, a Nurse Educator of HPB.

The 3 Highs referred to are the three chronic diseases: 1) Diabetes, 2) Hyperlipidaemia and 3) Hypertension.

Speaking clearly in Mandarin and with a sense of humour, Ms Wang explained the causes of the 3 Highs and how they should be managed properly. She stressed the importance of self-care in the foot area, monitoring own blood pressure and taking precautionary measures to prevent sickness at all times. She also emphasized the importance of a balanced diet, taking medicine on time, going for medical checkups regularly, exercising regularly and taking part in outdoor activities. Above all, we must feel good and live happily.



designed HPB - made Thermal Flasks. The enthusiastic audience also asked Ms Wang many questions related to the talk, making the session a lively and interesting one.

However, Ms Wang cautioned that although Singaporeans today enjoy a high life expectancy and a low mortality rate, we can still suffer from these 3 diseases if we do not watch our diet of rich food.

After the talk, all the participants were given a retractable measuring tape by HPB. Some members felt that this talk is very meaningful and timely in raising our awareness and precaution. Hopefully there will be more such healthcare activities.

Due to such an overwhelming response and feedback, our Association will cooperate with the Health Promotion Board to conduct a series of healthcare related activities in 2017. We hope members will give their enthusiastic support.

Moreover, in order to create rapport with the audience and enliven the session, the HPB specially held a Question and Answer game and winners were given beautifully





**马**六甲州位于马来半岛西海岸，介于森美兰及柔佛之间，先后受到葡萄牙，荷兰及英国的统治，如今还保留不少古迹。

中国明朝大使郑和下西洋，经过马六甲，也留下了三保庙，许愿井，青云亭的碑铭等古迹。

本会于2016年9月24日至25日，主办两天一夜马六甲寻幽古迹之旅，旅费包括来回交通，酒店，午、晚餐，保险和旅游景点。

第一天，旅游团一行人如期出发，抵达马六甲享用地道的娘惹晚餐之后，到著名的鸡场街游览和购物，品尝当地小吃以及观赏夜景。

第二天，游览马六甲市区，寻访殖民地时期宗主国所遗留下来的古迹，这包括了红屋，荷兰广场，这里有很多精美的纪念品让旅客购买。回返新加坡途中，也停留在一些景区浏览，购买一些当地土产。到了新加坡已是夜晚，万火灯明。

这次的马六甲之旅，处处充满欢笑，团员除了游览名胜古迹，享受地道美食，还购买纪念品和土产，满载而归，兴高采烈。大家都希望我会多主办类似的旅游活动。

**M**alacca, sandwiched between Johor and Selangor, is situated in the west coast of Malaysia. It was first ruled by Portugal and subsequently by Holland and England. Till today Malacca still preserves many relics of historical interest.

During the Ming Dynasty, Chinese emissary, Cheng Ho, passed through Malacca and left behind the San Poh Temple, the Wishing Well and the inscription at the Cheng Hoon Teng temple.

Our Association organised a 2D1N Malacca getaway tour from 24.9.2016 to 25.9.2016. The cost included transportation, hotel accommodation, lunch, dinner, travel insurance and a sightseeing tour.

On the 1st day, as scheduled, we set out for Malacca and on arrival, proceeded to a famous local Nyonya restaurant for dinner. After dinner we visited the famous Central Street of Chinatown, where we bought some souvenirs, tried some local snacks and enjoyed the night scenery.

On the 2nd day, we went on a Malacca city tour where the legacy of its colonial rule was unmistakable. We visited the Dominant Stadhuys (red building) and the Dutch Square, where tourists could buy all sorts of quaint curios and antiques. On the homeward journey, we also stopped at some kiosks for refreshments and to purchase

more local goodies. It was late at night and Singapore was ablaze with lights when we arrived home

The Malacca trip was full of fun and laughter. Besides visiting the places of historical interest, we had also enjoyed the delicious local food and brought home lots of local goodies and souvenirs. We all hope that our Association will organise more such activities in future.



## 2016公会例常活动

### 祭祖

8月21日(农历七月十九日), 星期日, 上午10时30分, 本会举行秋祭祭祖, 由我会主席廷万宗长主祭。仪式简略隆重, 体现我们饮水思源, 尊宗睦族的精神。



祭祖仪式, 主席廷万宗长上香

### 颁发学业奖励金

同日中午时分, 颁发学业奖励金予优秀学子。鼓励子女好学好, 力求上进, 将来为国家人民服务, 也能为本会接班人。

共有24位学生获得学业奖励金如下:

编号	名字	性别	年级	学校	家长姓名
1	觉伦	男	Pri 2	Kuo Chuan Presbyterian Primary School	先勇
2	羨崴	男	Pri 3	Wilmington International College of Shanghai	师彬
3	芮嫣	女	Pri 5	Pei Chun Public School	枫植
4	紫莹	女	Sec 1	Pasir Ris Crest Secondary School	声昌
5	宣仪	女	Sec 1	Beatty Secodary School	师辉
6	盈仪	女	Sec 3	Zhonghua Secondary School	师辉
7	佳莹	女	Sec 3	Shuqun Secondary School	良武
8	佳燕	女	Sec 4	Shuqun Secondary School	良武
9	显成	男	Sec 4	Shuqun Secondary School	良武
10	倍尔	女	O Level	Nan Hua High School	声富
11	方杰	男	POLY	Ngee Ann Polytechnic	日萱
12	明敏	女	POLY	Singapore Polytechnic	猷文
13	道良	男	POLY	Ngee Ann Polytechnic	明星
14	师贤	男	POLY	Singapore Polytechnic	道文
15	泽威	男	JC 1	Meridian Junior College	兴英
16	道田	男	Undergratuate	Newcastle University	明海
17	道文	男	Undergratuate	Lasalle College of The Arts	明光
18	泽峰	男	Undergratuate	National University of Singapore	兴英
19	明汛	男	Undergratuate	National University of Singapore	猷岸
20	美霞	女	Undergratuate	National University of Singapore	声誉
21	志勇	男	Undergratuate	Nanyang Technology University	声富
22	明聪	男	Undergratuate	Nanyang Technology University	猷幹
23	道伟	男	Undergratuate	National University of Singapore	明光
24	方婷	女	Undergratuate	National University of Singapore	日曜



主席廷万宗长颁发学业奖励金



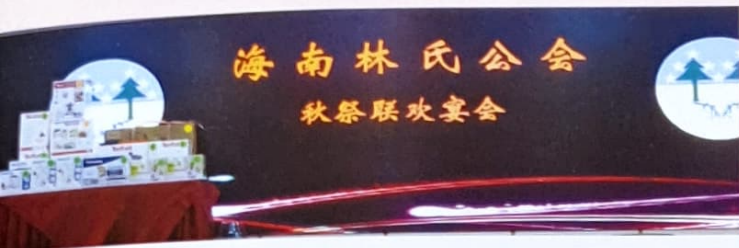
副主席道钧宗长颁发学业奖励金



副主席明忠宗长颁发学业奖励金

### 午餐

午餐在公会停车场举行, 宴开十多桌, 除了祭拜祖先的烧猪、鸡之外, 还有订上门到会的食物, 非常丰富, 大家都愉快的享用午餐。



## 秋祭晚宴

秋祭晚宴于晚上7时假千禧楼(巴耶利峇)举行, 席开19桌。余兴节目有卡拉OK和幸运抽奖; 奖品非常丰富, 其中包括主席廷万宗长赞助的2支名贵手表等。大家欢聚一堂, 享受美好时光, 尽兴而归。



# 中秋节联欢晚会

“但愿人长久 千里共婵娟”

**按**照华人传统习俗, 每年农历八月十五为中秋节, 一个象征与家人/朋友团圆的节日, 总让人联想到赏月、月饼、瓜子、柚子、灯笼、猜灯谜、还有美丽的神话故事: “嫦娥奔月”。

我会于2016年9月10日(农历八月初十日), 星期六, 晚上7时30分在本会礼堂举行中秋节联欢晚会, 邀请会员和亲朋好友共渡佳节。当晚有卡拉OK演唱和享用美食, 场面气氛热闹, 大家尽兴而归。



## The Mid-autumn Festival Party “May we all be blessed with longevity Enjoy the moonlight though thousands of li apart”

According to traditional Chinese customs, the 15th day of the 8th month of the lunar calendar is the mid-autumn festival, an occasion symbolises a reunion of family/friends, and it is always associated with having a “moon appreciation” party, mooncakes, melon seeds, pomelos, lanterns, riddles-guessing and a beautiful fairy tale “Chang-E flying to the moon”.

This year, on 10 September 2016, Saturday (the 10th day of the 8th month of the lunar calendar), at 7:30pm,



our Association held the mid-autumn festival celebration at our premises with delicious food and karaoke singing. All attendees enjoyed tremendously.

## 会务顾问鸿图宗长：

# 祝愿公会选贤与能 慎终追远祭祀祖宗

图文 / 道生

**鸿**图宗长是公会的现任名誉主席和会务顾问，也是前主席，我们感谢他接受采访，谈谈他对公会的看法和他个人求学做事的经历。

2016年是公会的选举年，将选出下一届理事会，鸿图宗长祝愿，接班的领导班子，秉承公会的宗旨：慎终追远，祭祀祖宗，培养后代。

他说，通过选举选贤与能，继续为推动公会会务做出努力，公会人才辈出，必能选出理想的领导班子。

他希望，参加公会的年轻人，积极主办活动，例如旅行、庆祝，交流等活动，让年轻一代了解林氏的历史，海南文化。

高龄85岁的鸿图宗长，在1987年加入公会，在公会服务了29年。在1997年至2002年期间，在本会理事会担任了三届主席，推动会务发展，修订章程，采用新式会议记录，改进并简化祭祀程序，使祭祀活动过程不超过一小时，增进大家聚会庆祝的乐趣。

他推动会务发展，还领导主编了《新加坡琼崖林氏公会成立六十五周年纪念特刊》。

身为本会名誉主席，老当益壮，精神奕奕，回想当年加入公会的原因，那是“为了学好海南话”。

他说，公会至今取得的成就，是在历任主席及理事会成员

及会员们共同耕耘，所得的结果。他特别提到本会名誉主席，已故猷利宗长，多年来努力不懈，凝聚会员，为会务做出的贡献。

他高度赞扬，本会首席会务顾问徐典教授为筹建本会新大厦努力，以及大力促成了《新加坡琼崖林氏公会新厦落成揭幕暨成立四十二周年纪念特刊》。

来自商界的前主席少廷宗长，及现任主席廷万宗长，也本着大公无私的精神，发扬会务。

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### 学贯中西 文武双全

鸿图宗长学贯中西，中文及英文的根底深厚，知识渊博，他先后在马国及新加坡念书，还到外国深造，打下扎实基础。

乡情浓厚的他，在1931年出生于海南，就在他大约六岁的时候，父亲接他和妈妈，落脚在马来西亚的麻坡，并且在当地接受教育。

战前，他在麻坡的中华学校念书，后来则在巴莪的训蒙学校



鸿图宗长伉俪与女儿，孙子合影

念高小。

战后，他转去中化中学念初中，勤奋念书，奠下华文基础，初中会考成绩优异，华文、数学、英文都考到特优。

初中毕业，他转去英校念高中，由于学科以英文为教学媒介语，为了应付更加高深的英文，他唯有埋头苦读，又考取到优异成绩。

俗话说，机会留给有准备的人，当年，马来亚大学到麻坡招生，他参加考试并且被录取了，到曾经是新马唯一的大学——马大深造，考获马大理学学士学位。

大学毕业后，鸿图宗长在新加坡的颜永成中学执教鞭，教导数理科目。

在念大学时，他半工半读，在学校考试结束后，就搭长途巴士，由新加坡回到麻坡母校——中化中学教书，当年母校缺乏老师。

他在1960年至1961年，获得母校中化中学聘请，当了两年校长，当年，这位年轻校长年龄是29岁、30岁。

回到新加坡后，他还是从事教育工作，不断深造，参加伦敦大学的中文校外考试，考到伦敦大学中国语言文学荣誉学位。

因为不断进修，经常到图书馆找资料，引起他对图书馆学的兴趣，后来转入马大图书馆工作。

由于工作成绩优异，并且还派往纽约的哥伦比亚大学念图书馆学，获得图书馆学硕士学位。

鸿图宗长办事严谨，他一步



一脚印，在事业上更上一层楼，担任了南洋理工大学图书馆创馆馆长。

当年，电脑还是少为人知的学问，在他的推动下，南洋理工大学图书馆成为当年率先全面采用电脑化操作的大学图书馆。

他在1999年离职退休。鲜为人知的是鸿图宗长文武双全，养生之道是平时勤练静功，以及李和生师傅传授的杨氏内功太极拳，多年来风雨不改，不断勤练静功和内功太极拳，使气血在身体内顺畅无阻，因而保健。

## An Interview with our Clan Elder Hong Too, Honorary President and Adviser

Our Clan Elder, Hong Too, also a past President, is currently holding the positions of Honorary President and Adviser of our Association. We are glad that he has found time to talk to us about the Clan Association as well as his personal attainments in education and career, Lim Tow Seng reports.

Last year, 2016, was the Association's election year and a new committee had been elected to office. He is confident that given the many high quality and dedicated members available, the newly elected Committee will be able to carry out the Association's aims of honouring our ancestors, preserving the virtues of the past as well as educating our young so that they may understand the Hainanese culture and the origin of our surname, Lim or Lin (in Hanyu Pinyin). He encourages the in-coming Committee members to be proactive and organise more meaningful activities to achieve the noble aims of our Association.

He is now at the advanced age

of 85. Recalling the past, he joined the Association in 1987 and since then he has served the Association for 29 years. Between 1997 and 2002, he served as President for three terms. During this time, he had promoted various activities to enhance the image and reputation of our Association. For example, he amended the Association's constitution, simplified and rectified the procedure of ancestral worship to make it more efficient and less time-consuming in order to ensure interest. He was the Chief Editor of the special publication commemorating the 65th Anniversary of the Association in 2002; a publication containing valuable historical sources of the origin of the surname, Lin.

Being Honorary President at his age, he is considered old but still healthy and robust. Recalling his reason for joining the Association

in those days, he said that it was simply to brush up his Hainanese speaking ability. He highly regards the outstanding achievements of the Association and says that this is due to the hard work and dedication of the successive Presidents, Executive Committees and members.

Asked about his personal attainments, however, Elder Hong Too is rather modest although he is a brilliant scholar who is also very versatile. He is effectively bilingual, proficient in both Chinese and English languages.

After the war, he joined Chung Hwa High School, Muar, and completed his Junior Middle education with very good results, scoring distinctions in Mathematics, Chinese and English languages. He then joined English High School, Muar, where he successfully completed his education. He then sat for and passed the entrance examination of





the University of Malaya to gain admission to start his university education. He earned his first degree, Bachelor of Science in 1958 and went on to study education to begin his teaching career, teaching mainly Science and Mathematics.

During his undergraduate days, he used to go back to his alma mater, Chung Hwa High School, to teach during university vacations. In 1960 and 1961 he became the Headmaster of Chung Hwa High School at the tender age of 29 and 30. Later, he went back to Singapore to teach and to do part-time study for his University of London Bachelor of Arts Honours Degree, which he earned in 1962.

While studying for his examinations, he used the University of Malaya Library intensively. Soon he developed an intense interest in library work and decided to join the University of Malaya Library as a trainee librarian. For his dedication and good performance, he was given a scholarship to study Library Science at the well-known Columbia University in New York, where he earned

his Master of Science Degree in Library Service.

He later became a senior library professional in the National University of Singapore and was invited to be the Founding Librarian of Nanyang Technological University. He was a professional librarian for more than 30 years before retiring in 1999. He was meticulous and precise in his work as a professional librarian, and yet farsighted and progressive. He introduced the use of computers in library work and the NTU Library became the first major university library in Singapore to have full automation right from the start.

Unknown to many, he is skillful in the Chinese ancient art of health preservation, with which he has been keeping himself fit and healthy.

Elder Hong Too is a shining example of a happy, active and gracefully aging gentleman, who is worthy of our admiration, respect and emulation.

Our Association owes him a wealth of gratitude for his wisdom, knowledge, guidance and many years of dedicated service.

## 第二十一届马泰新(三国)海南林氏宗亲恳亲会 暨建国五十二周年国庆 暨本会成立八十周年纪念联欢宴会

马 来西亚，泰国和新加坡(三国)海南林氏宗亲恳亲会于1980年创办，旨在敦睦宗谊，追源溯本，互相交流，借此达致吾姓宗亲团结之目的。恳亲会分别由马、泰、新轮流主办，2017年轮到新加坡。

为了配合建国52周年暨本会成立80周年纪念，马泰新(三国)海南林氏宗亲恳亲会将于2017年8月13日假千禧楼(巴耶利峇)举行联欢宴会。届时，希望会员们踊跃参加这个盛会。



编辑小组成员合影，缺道生和方心

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