



# 新加坡海南林氏公会

## Hainan Lim Clan Association (Singapore)

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Newsletter 会讯 2016



# 2016灵猴迎新春联欢晚宴

## CELEBRATING LUNAR NEW YEAR

**我**会于2016年2月13日星期六(农历正月初六)晚上7时30假奎因街皇后大酒店举行新春联欢晚宴，诚邀会员与家人以及亲朋好友共渡佳节。

晚宴共开17席桌。晚宴除了美味佳肴，还有幸运抽奖，大家谈笑风生，非常愉快。

奖品之丰富，直叫人不敢相信！获得由廷万主席报效价值 S\$12,000名表的幸运儿肯定几天失眠，让人羡慕不已。此外，奖品还包括另一支S\$3,600名表(也是由廷万主席报效)，名笔等，真是精彩万分。

10时30分，新春联欢晚宴就在一片欢乐热闹气氛中结束。



廷万主席颁发奖品给幸运儿



第一副主席诗美颁发奖品给幸运儿

**I**n celebration of the year of the Monkey, the Association held a grand dinner for our members and their families and friends at Hotel Royal @ Queens on 13 Feb 2016 at 7:30pm.

All the 17 tables were packed to capacity. It was a joyous occasion and members and guests were treated to a sumptuous dinner, fine wine and good entertainment.

The highlight of the night was no doubt the Lucky Draw with fabulous prizes to be won. The super lucky guest, who walked away with the top prize of a Raymond Weil (Geneva) watch worth \$12,000 (sponsored by Chairman Anthony Lim Keen Ban) must have had sleepless nights. Other attractive prizes included a branded watch worth \$3,600 (also donated by Chairman Anthony Lim Keen Ban) as well as fountain pens etc.

The happy evening of wine, dine and entertainment ended at about 10:30 pm.





**端**午节(农历五月初五)是华人的传统节日，至今已有2千多年的历史。它是一个纪念中国伟大爱国诗人屈原的节日。端午节的主要习俗有吃粽子，赛龙舟等。

为了让更多的会员能够参与祭祀活动，我会提早在农历五月初一，即2016年6月5日(星期日)早上11时正，在本会礼堂进行端午节祭祀仪式。祭祀仪式由第二副主席道钧(正殿)，第三副主席明忠(左殿)和总务道美(右殿)一起主持。

超过40位执委，会员以及他们的家眷参加这项活动，场面隆重。

祭祀仪式过后，大家共享午餐和吃粽子，部分执委/会员与家眷继续留下来在多功能冷气室唱卡拉OK，直到下午5时才尽兴而归。

**D**uan Wu Jie or The Dragon Boat Festival is a traditional festival observed by the Chinese on the 5th day of the 5th month of the Lunar calendar. This festival was first held more than two thousand years ago to commemorate Qu Yuan, a great Chinese patriot and poet. Eating rice dumplings and holding dragon boat races are two of its significant customs.

This year, in order to enable more members to participate in this time-honoured activity, the Association brought forward the event to Sunday, 5th of June, 2016. At 11 am sharp, a simple ceremony to mark the occasion was conducted in our Association's auditorium. It was jointly officiated by 2nd Vice Chairman Tow Koon, 3rd Vice Chairman Meng Tong and Honorary Secretary Tao Mei.

The event had the enthusiastic support of more than 40 Committee members as well as other members and their families. They feasted on the various types of dumplings and sipped fragrant Chinese tea. After a hearty meal, some members adjourned to the multi-purpose air-conditioned room for karaoke singing. The session ended at 5pm.



## 访问长者

**与**往年一样，我们也不忘在农历新年前拜访年长会员。共有6名执委于2016年1月24日(星期日)上午10时参与这次的访问。他们是明忠，道美，明科，端利，方强和益谦，两人一组，携带礼品拜访慰问11位长者或留医的会员。这11位会员是瑶廷，鸿宝，树之，明远，廷珊，猷宏，熙敏，日东，光文，明益和日昇，其中瑶廷已于2016年2月份不幸逝世。

对于我们的到访，他们都很开心。



访问长者 - 明忠，明科和明益宗长合照



康乐股主任端利于2016年5月7日，早上8时30分，带领20多位会员和家属(包括诗美，道美，廷伦，益谦等)乘坐渡轮到印尼巴淡岛享受2天1夜购物欢乐游。

全程旅费每人S\$115/-包括来回船票，入境费，单程快速通关，市区游览与购物，海鲜餐，住宿四星级酒店和早餐，导游服务以及旅游医药保险等。

行程景点包括参观千层糕工厂，印尼民族文化表演秀，唐人街，朱古力商店等，由于价廉物美，团员都满载而归。

值得一提的是在尽情享乐之余，团员也没有忘记彼此之间互相照顾，特别是对行动较为缓慢的年长团员给予援手。

团员在隔天下午4时乘坐渡轮回归新加坡，完成一个充满欢乐的旅程!!!

Led by Head (Recreation Section) Jimmy Lim, a group of more than 20 members and their friends ferried to Batam Island, Indonesia, for a 2D1N Batam shopping tour on 7 May 2016 at 8.30 am.

The rate per person was \$115 including return ferry tickets, entry fee, one-way express custom check-in, city and shopping tour, seafood lunch, accommodation at a 4-Star hotel with breakfast, tips for the tour guide as well as travel accident and medical insurance.

The group visited many places of interest such as the Kueh Lapis factory, the Indonesia cultural show, Chinatown, the Chocolate House etc. Batam has become a new shopping paradise where everything is cheap and good and our group members lost no time in going on a shopping spree.

It is also worth mentioning that our members did not forget to take care of each other or lend a helping hand to the older members, while having fun and enjoying themselves during the tour.

Loaded with bagfuls of goodies and snacks, the group returned to Singapore on 8 May 2016 at about 4.00pm. It was indeed a fun-filled and enjoyable journey!



**今**年，我会分别在本地和中国海南省进行清明节祭祖活动，比去年更为隆重。

新加坡：于2016年4月3日，星期日，上午11时，在会所正殿主持清明节祭祖仪式，第二副会长道钧宗长主持。

海南省：我会应中国海南省邀请，在顾问猷冠和团长诗美率领下，团员鸿任，道美，师旗，东旋以及其他会员组成20人代表团，连同泰国海南林氏宗亲，于2016年3月31日至4月6日远赴海南省参与为期7天的清明节祭祖活动。

祭祖活动行程：

- 4月1日：海口市比干文化研究会带领我团祭拜暹公和裕公；
- 4月2日：参观目前还在装修的文昌林氏祠堂；
- 4月3日：乘坐巴士前往龙楼镇林氏祠堂祭拜；
- 4月4日：团员各自回乡祭拜祖先。

海南林氏宗亲有4个支派如下：(1)唐朝渡琼始祖——林裕公，任琼郡同知，由福清入海南省定居，后裔多居琼山市；(2)南宋渡琼始祖——林暹公，任琼州安抚史，由莆田移海南省定居，后裔多居住在文昌，澄海，万宁，詹州等县市；(3)明朝渡琼始祖——肖山公；(4)明朝渡琼始祖——奇昌公。

随着时代的变化，海南省的祭祀仪式，与新加坡一样已经简化了，清明节祭祀仪式主要目的是为了我们祭奠祖先，缅怀先人。



裕公之墓



暹公之墓

# 荣誉会长和名誉会长

## Distinguished Honorary Presidents and Honorary Presidents

根据我会章程(2008年修正)第十九章(荣誉)列明：

- 第一条：凡特别捐二千元或以上者，得委为名誉会长；
- 第二条：凡特别捐五千元或以上者，得委为荣誉会长。

近日执委会会议一致同意依据“2012乐捐电梯基金”芳名录，委任以下宗长为我会荣誉会长和名誉会长，以表扬和感谢他们对我会所作出的贡献：

**荣誉会长** (赞助五千元或以上者)

会务顾问兼名誉主席少廷 (赞助S\$20,000)

主席廷万 (赞助S\$20,000)

第一副主席诗美 (赞助S\$15,000)

**名誉会长** (赞助二千元或以上者)

执委猷杰 (赞助S\$3,000)

第二副主席道钧 (赞助S\$2,000)

第三副主席明忠 (赞助S\$2,000)

正财政方海 (赞助S\$2,000)

鸿海 (赞助S\$2,000)

鸿荣 (赞助S\$2,000)

会务顾问、名誉主席兼名誉会长鸿图赞助S\$2,000。

名誉会长林韩友兰赞助S\$2,000。

名誉会长丽玉赞助S\$2,000。

除了以上3位荣誉会长和9位名誉会长之外，还有其他81位宗长及社团的赞助。赞助款项介于S\$50至 S\$1,000之间。(请参阅附件：81位赞助者名单)

其他81位赞助者名单：

鸿龙，道生，廷位，林符国梅，树忠，师旗，忠义，文山，家岛，树雄，日宁，方强，诗坪，明曦，明光(东福田村)，先扬，廷佗，东旋，明哲(龙眼园村)，鸿凯，猷岸，瑶廷，欣民，大钊，日午，鸿任，熙敏，林庄转金，鸿宝，益谦，明东，道美，师贤，华权，熙楠，日曜，大栋，猷广，诗俊，诗伟，兴奋，日隆，明科，日周，道丰，猷文，教方，猷衡，方英，猷桦，师伟，猷保，猷谋，方心，玉茂，明文(宝兴村)，道尧，师信，廷珊，猷幹(迈群村)，猷莺，日东，猷光，明幹(西宅村)，道剑，猷柏，兴英，猷铁，明芳，日昇，道崇，方植，道松，雨村，日蛟，猷仲和鸿河；谭俊荣(别姓人士)；南梅同乡会；冠余(海南省)和金田(海南省))。

The Constitution of the Hainan Lim Clan Association (Singapore) (Revision - 2008), Chapter 19: Honours stipulates that :

- Any member, who makes a special donation of \$2,000/- or above, shall be nominated as an Honorary President;
- Any member, who makes a special donation of \$5,000/- or above, shall be nominated as a Distinguished Honorary President.

Recently, the Association at its Executive Committee meetings agreed to appoint the following members as Distinguished Honorary Presidents and Honorary Presidents respectively for their generous contributions to the "Lift Donation Fund 2012" :

### Distinguished Honorary Presidents (sponsorship of S\$5,000/- or above)

Adviser cum Honorary Chairman Lim Sow Heng (sponsorship of S\$20,000/-)

Chairman Anthony Lim Keen Ban (sponsorship of S\$20,000/-)

1st Vice Chairman Clarence Lim Tee Moui (sponsorship of S\$15,000/-)

### Honorary Presidents (sponsorship of S\$2,000/- or above)

Executive Committee member Lim Yew Kiat (sponsorship of S\$3,000/-)

2nd Vice Chairman Eric Lim Tow Koon (sponsorship of S\$2,000/-)

3rd Vice Chairman Lim Meng Tong (sponsorship of S\$2,000/-)

Treasurer Lim Fong Hoy (sponsorship of S\$2,000/-)

Member Lim Hon Hoi (sponsorship of S\$2,000/-)

Member Lim Hong Joong (sponsorship of S\$2,000/-)

Member (sponsorship of S\$2,000/-)

Adviser, Honorary Chairman and Honorary President Lim Hong Too sponsored S\$2,000/-.

Honorary President Mrs Lim-Han Yew Lang sponsored S\$2,000/-.

Honorary President Ms Lim Lee Yee sponsored S\$2,000/-.

Other than the 3 Distinguished Honorary Presidents and the 9 Honorary Presidents as mentioned above, there were also 81 sponsors comprising our members and another Hainanese association sponsoring cash, ranging from S\$50/- to S\$1,000/-, to the "Lift Donation Fund 2012". (Please refer to the Annex for the name list of sponsors in Chinese)

# 退休是否标志 年长者积极生活的结束？

Does retirement mark the end of an active life for the elderly?



作为一名退休近20年人士，年轻朋友时常问我怎样打发时间。我猜想他们有些是出于好奇心，其他则想当那一天到来之前先取得一些点子。

我的答案很简单，就是保持身体健康和积极的生活。

我现在78岁，18年前卸下教鞭。为了要保持健康，我认为必须经常做运动，如玩游戏，游泳，快步行走和体能锻炼。当然，运动的次数多寡和激烈程度视个人体质而定。指导原则就是量力而为。

对我来说，打网球是我一生的消闲活动。40年前当我是一名教师时开始学打网球。我与几位好朋友每个星期日早上到坐落在 Dempsey Road 的公务员俱乐部练习打网球。在开始阶段，没有人可以准确的击中网球。我们是通过反复尝试才逐步上手。几

年之后当我被调派到一间中学教书时，我被安排负责网球这项课外活动。为了增进有关网球的知识与技术，我毅然的报读网球教练课程。就这样我不单提高打网球的技术，也成为一名合格的网球教练。

过去40年，我一直定期的与3组不同的网球球友切磋球艺。这些球友当中有几位与我同龄，除了一位90岁高龄先生外，其他大多数球员都较年轻和强壮。当然，我们这把年纪只能打双打。

我很热忱于打网球，因为这项运动不会太激烈，而且我很享受阳光和新鲜空气，这是身体健康的2个先决条件。

除此之外，打网球需要集中精神和专心，头脑才能保持警惕和反应敏捷。这样的脑力激荡有助于

延缓痴呆症，这是目前年长者中常见的一种疾病。

积极的生活态度除了让我自己忙碌以外，在很多日常生活方面我也都能帮上忙。多年以来，每当儿女在忙于工作时，我都是帮忙接送孙子到幼稚园，学校和学院。我也在孙子小时候就教导他们英文语法，为他们的语言能力打下了扎实的基础。我的3个孙子甚至在年少时就跟我学习打网球，现在他们的球艺都很好，我感到很自豪。我所有的5个孙子目前在新加坡和澳洲的学院和大学就读，我很高兴他们的成绩都很优越。

最近，我和4位和我同样是已经退休的前同事在 Whatapp 应用程序里创建了一个联络群组。我们差不多每天都在闲聊，并对政治，宗教，医疗保健，食品，社会问题和家庭事务等方面互相交换意见和想法。我发现社交媒体在传达重要讯息，分享笑话及视频等方面非常有用和方便。我们偶尔会相约在特定的咖啡店或在有我们喜欢的菜肴的餐馆共进午餐。我们借助这些活动使自己忙碌，健康和快乐。

除此之外，我也忙于社交应酬让自己保持活跃。我每个星期2次或3次与一群老朋友，前同事以



林成 Lim Seng

及旧邻居一起喝咖啡。我们通常在固定的1或2家咖啡店一起喝咖啡或吃饭，花上几个小时，无所不谈。我们互相开开玩笑并尽情的开怀大笑以消磨时间。这是年长者另外一种放松和快乐的良好生活方式，这样才使得痴呆症远离他们。

因此，我要传达给和我一样的年长者的信息就是：保持身体健康和积极的生活。

退休并非标志积极生活的结束，相反的，退休反而让你从工作中解脱，让你有更多时间去追求自己的兴趣。

### 林成 - 会员

As a retiree for almost 20 years, I have often been asked by my younger friends how I spend my time. I guess some of them ask out of curiosity and others do so to get an idea of what to expect when their time comes.

Well, my answer is short and simple: Stay healthy and active.

I am 78 years old now and I retired from teaching 18 years ago. By staying healthy, I mean constant exercise which may involve games, swimming, brisk walking and gym workouts. Of course, the frequency and rigour of the exercise depend on each individual's physical fitness and the guiding principle is : Moderation in whatever we do.

For myself, playing tennis is my life-long pastime. I learned to play tennis about 40 years ago when I was a teacher. With a few good friends, I started a tennis group from scratch and we used to play every Sunday morning at the Dempsey Road Civil Service Club. In the beginning , we

learned by trial and error as none of us could hit a ball properly. Then, several years later when I was posted to a secondary school to teach, I was made the teacher-in-charge of tennis as a CCA. In order to enhance my knowledge and skills in tennis, I had to attend a coaching course. That was how I became a qualified tennis coach and improved on my skills besides.

Over the past 40 years I have been playing tennis regularly with three groups of different players. A few of them are my age, with the exception of one gentleman who is 90 years old, but most of the other players are younger and stronger. Of course, at our age we only play doubles.

I am passionate about tennis because it is not too strenuous and I get to enjoy the sunlight and fresh air, two prerequisites for good health.

Moreover, playing tennis requires concentration and focus so that the mind stays alert and the reflexes are sharpened. This mental stimulus helps to defer dementia, now a very common illness among the elderly.

By being active, I mean keeping myself busy and making myself useful in many ways. For years I have helped to ferry my grandchildren to kindergartens, schools and colleges while their parents are at work. I also taught them English grammar from a young age so that they would have a solid foundation on which to build their language proficiency. Three of my grandchildren even learned tennis from me when they were young and I am proud to say that they can play the game very well now. I am glad to say that all my five grandchildren are doing

well in colleges and universities in Singapore and in Australia.

Lately, I have been on WhatsApp with a group of four former colleagues, who are retirees like me. We chat almost every day and exchange views and ideas on politics, religion, healthcare, food, social problems and family affairs. I find social media very useful and convenient for passing on important information and sharing jokes and videos. Occasionally we would arrange to meet for lunch at a particular coffee shop or restaurant that serves our favourite food. By engaging in these activities, we keep ourselves busy, healthy and happy.

In addition, I also socialise to keep myself active. I have a group of old friends, former colleagues and neighbours with whom I have coffee two or three times a week. We often meet at the same one or two coffee shops for coffee or meals, spending a couple of hours talking about anything under the sun. We joke and laugh heartily just to while away the time in good company. It is another good way for elderly people to relax and be happy so as to keep dementia at bay as long as they can.

So, my message to all elderly people like me is: Stay healthy and active.

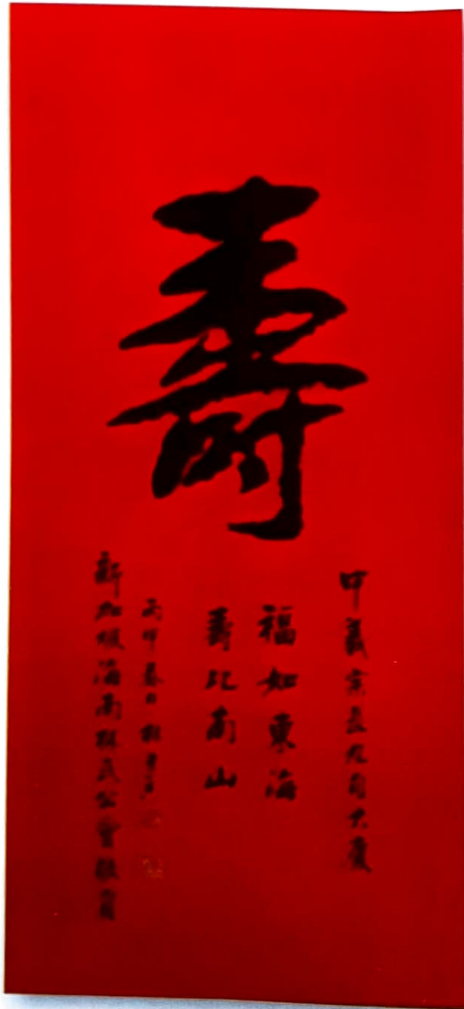
Retirement does not mark the end of an active life; instead, retirement frees you from work and leaves you with more time to pursue your interests.

Lim Seng - Member



# 福如东海 寿比南山

## 忠义宗长90大寿



我会赠送给忠义宗长的一副“寿”字画

**忠**义宗长于2016年3月24日假Jurong Country Club举行“庆祝90大寿晚宴”，午间还特别安排高尔夫球活动助兴，让来宾除了享用美味佳肴之余，也可乘此机会切磋球艺，交流和联络感情。

在忠义宗长盛情邀请下，我会鸿图，少廷，猷冠，道钧，道美，鸿龙，方海，东旋，端利和明礼代表我会出席盛宴，并在晚宴上以新加坡海南林氏公会的名义赠送一幅深具意义的“寿”字画给寿星公作为纪念。4位高尔夫球发烧友 - 猷冠，道钧，鸿龙和方海亦在午间球场上与其他来宾“球拼”一番，不亦乐乎!!!

高龄的忠义宗长身强力壮，能驾车，打太极拳，还爱打高尔夫球，体现年长人士身心愉快的一面，活到老学到老的精神，是银发族的楷模。看他在晚宴上即兴挥杆的那一刻，哇，硬朗雄姿，表露无遗。

在此，我会祝福忠义宗长**福如东海，寿比南山**。



忠义宗长晚宴上即兴挥杆的雄姿



忠义宗长90大寿 - 4位高尔夫球高手 - 猷冠，道钧，鸿龙和方海

### 新加坡海南林氏公会

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