

The 义顺情缘 Rangkaian Nee Soon நீ துன் இணைப்பு Nee Soon Link

Our Vision: Home With A Heart • **Our Mission:** Building a safe, inclusive, sustainable and vibrant Town

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YOUTH CENTRE OPENS IN YISHUN 慈济人文青年中心于义顺开幕 PUSAT BELIA DIBUKA DI YISHUN யீஷூனில் புதிய இளையர் நிலையம்



Get Yourself in Hot Water

Check out the new features at the upgraded Sembawang Hot Spring Park!

Pg 4 - 5



See Nee Soon Through a New Perspective

Discover Nee Soon's insta-worthy spots with this guide!

Pg 8 - 9



Spending Retirement with Horses

He spends his golden years volunteering for an equine learning programme

Pg 15 - 16



Tzu Chi volunteers extended a warm welcome to Minister K Shanmugam when he arrived for the Youth Centre opening ceremony

In 2018, Yishun grassroots leaders started working with Tzu Chi Foundation on the idea of creating a community recreation hub for youths. What followed was the transformation of the former temporary Yishun Polyclinic into Tzu Chi Humanistic Youth Centre (HYC), a platform where youths get to connect, engage in fulfilling activities and grow.

On 30 November 2019, Nee Soon MP Minister K Shanmugam officiated HYC's opening ceremony, along with fellow MPs Er. Dr. Lee Bee Wah and Mr Henry Kwek.

"Tzu Chi has done an amazing job transforming this place. The design and ambience allow youths the freedom to try out different things," Minister Shanmugam said.

Continued on page 2

义顺基层领袖在2018年与慈济基金会合作，希望打造为青年而设的社区休闲中心。如今，临时义顺综合诊疗所的旧址经改头换面，成为了慈济人文青年中心，这是一个让年轻人交流的平台，一同参与有意义的活动并一起成长。

2019年11月30日，义顺议员尚穆根部长主持了人文青年中心的开幕典礼。陪同还有其他议员李美花博士及郭献川先生。

尚穆根部长说：“慈济成功地改造了这个地方，使这里焕然一新。这里的设计和氛围让年轻人能自由地尝试不同活动。”

文续第2页

Pada 2018, pemimpin-pemimpin akar umbi Yishun mula bekerjasama dengan Yayasan Tzu Chi untuk mewujudkan hab masyarakat rekreasi belia. Kerjasama ini menghasilkan sebuah pengubahan, di mana terlihat bekas Poliklinik Yishun sementara menjadi Pusat Kemanusiaan Belia Tzu Chi (HYC). Ia merupakan sebuah platform yang membolehkan para belia membina hubungan, melibatkan diri dengan mengambil bahagian dalam aktiviti bermakna dan pembangunan diri.

Pada 30 November 2019, Anggota Parlimen Nee Soon Menteri K Shanmugam merasmikan pembukaan HYC bersama-sama dengan Anggota-anggota Parlimen Er. Dr. Lee Bee Wah dan Encik Henry Kwek.

Sambung ke muka surat 2

இளையர்களுக்கென ஒரு சமூகப் பொழுதுபோக்கு மையத்தை உருவாக்கும் யோசனைக்கு உருகொடுக்கும் வகையில் யீஷூன் அடித்தளத் தலைவர்களும் ட்சு ச்சீ அறநிறுவனமும் 2018ஆம் ஆண்டு இணைந்து செயல்படத் தொடங்கின. இம்முயற்சியின் விளைவாக, முன்னாள் தற்காலிக யீஷூன் பலதுறை மருந்தகம் ட்சு ச்சீ மனிதாபிமான இளையர் நிலையமாக (HYC) உருவெடுத்துள்ளது. இங்கு இளையர்கள் கலந்துறவாடி, நிறைவளிக்கும் நடவடிக்கைகளில் ஈடுபட்டு, வளர்ச்சி அடையலாம்.

நீ துன் நாடாளுமன்ற உறுப்பினரான அமைச்சர் கா சண்முகம், சக நாடாளுமன்ற உறுப்பினர்களான இன்ஜீனியர் டாக்டர் லீ பீ வா, திரு ஹென்றி குவெக் ஆகியோருடன், 30 நவம்பர் 2019 அன்று இளையர் நிலையத்தை அதிகாரபூர்வமாகத் திறந்து வைத்தார்.

தொடர்ச்சி மூன்றாம் பக்கத்தில்

Continued from page 1

“The youth centre is also part of Yishun’s transformation over the years. Many residents have seen how Yishun keeps getting better.”

Located at 30A Yishun Central 1, the 48,000 square foot HYC offers an idyllic view of Yishun Pond. Yishun MRT station and Northpoint City are minutes away from the centre.

26-year-old volunteer Mr Leonard Yap is confident HYC will be popular with youths. “As I expose myself to environmental and poverty issues, I tend to think of ways to solve these issues, rather than waiting for solutions to appear,” he commented.

文接第1页

“人文青年中心也是义顺这些年来不断改善与变化的一部分。义顺已越来越好，这是许多居民有目共睹的。”

位于义顺中1路30A的人文青年中心占地4万8000平方英尺，一踏入中心，赏心悦目的义顺湖即映入眼帘，义顺地铁站和纳福城也近在咫尺。

26岁的义工叶建德先生认为，青年中心会吸引年轻一代。他也从那里获益良多。他说：

“当我接触环境与穷困等课题时，与其等待解决方案，我更倾向主动想办法设法解决问题。”

Sambungan dari muka surat 1

“Yayasan Tzu Chi telah melakukan kerja yang mengagumkan dalam mentransformasikan tempat ini. Rekabentuk dan suasana di sini mengizinkan para belia untuk mencuba perkara-perkara baru,” Menteri Shanmugam berkata.

“Pusat belia ini adalah sebahagian daripada pengubahan Yishun yang belum terlihat sebelum ini. Banyak penduduk menyaksikan bagaimana Yishun menjadi bertambah baik dari semasa ke semasa.”

Pusat belia sebesar 48,000 kaki persegi ini yang terletak di 30A Yishun Central 1, menawarkan pemandangan indah Kolam Yishun. Stesen MRT Yishun dan Northpoint City terletak tidak jauh dari HYC.

Encik Leonard Yap, seorang sukarelawan berusia 26 tahun, yakin bahawa HYC akan digemari kaum belia. “Ketika saya berhadapan dengan isu-isu yang berkaitan dengan persekitaran dan kemiskinan, saya bertambah cenderung untuk mencari jalan penyelesaian, dan tidak pula menanti untuk mendapatkan jawapan pada sebarang masalah,” beliau berkata.

முதல் பக்கத்தின் தொடர்ச்சி

“டீசு ச்சீ இவ்விடத்தை அற்புதமான முறையில் உருமாற்றியுள்ளது. நிலையத்தின் வடிவமைப்பும் துழுவும் இளையர்கள் வெவ்வேறு காரியங்களில் சுதந்திரமாக ஈடுபடுவதற்கு உகந்தவாறு உள்ளன,” என்றார் அமைச்சர் சண்முகம்.

“இந்த இளையர் நிலையம் யீஷூனில் ஏற்பட்டுவரும் உருமாற்றத்தின் ஒரு பகுதியாகவும் இடம்பெறுகிறது. யீஷூன் கால ஓட்டத்துடன் படிப்படியாக மேம்பட்டு வருவதைக் குடியிருப்பாளர்கள் பலரும் காண்கின்றனர்.”

30ஏ, யீஷூன் சென்ட்ரல் 1 எனும் முகவரியில் அமைந்திருக்கும் 48,000 சதுர அடி பரப்பளவு கொண்ட இளையர் நிலையத்திலிருந்து யீஷூன் குளத்தின் கண்கவர் காட்சியைக் காணலாம். அதோடு, யீஷூன் பெருவிரைவு இரயில் நிலையமும் நார்த்பாயின்ட் சிட்டியும் சில நிமிட தூரத்தில் உள்ளன.

புதிய இளையர் நிலையம் இளையர்களிடையில் பிரபலமடையும் என 26 வயது தொண்டூழியர் திரு லியோனார்ட் யாப் நம்புகிறார். “சுற்றுப்புற, வறுமை பிரச்சனைகளை நான் நேரில் கண்டறியும்போது, தீர்வுகள் தாமாகத் தோன்றுவதற்காகக் காத்திருக்காமல், அப்பிரச்சனைகளுக்குத் தீர்வு காண்பதற்கான வழிகளை நான் ஆராய்கிறேன்,” என்றார் அவர்.



Entrance Gallery I & II

Gallery I & II are event spaces that hold great possibilities. Located at the front and back of the Youth Centre, they can be used to house art galleries, photography exhibitions, or mini bazaars. The magnificent view of Yishun Pond at the back gallery is a bonus.

入口长廊1和2

入口长廊1和2是能做各种用途的活动空间。位于青年中心前后的长廊可以举办画展、摄影展和迷你市集。中心后面的长廊还附有令人心旷神怡的义顺湖景观。



Hot Spot

A comfortable waiting and resting area, this is the most accessible venue as it is at the centre of HYC.

热点

位于中心的正中央就是舒适的等待和休息区。



The Great Hall

A multipurpose hall that can accommodate up to 500 people, it is equipped with a sound system control room, lighting and a soundproof system, and is open for booking.

会堂

能容纳500位观众的多功能会堂，拥有音响室、灯光和隔音系统，供公众预订举办活动。



Power Bank

This is a perfect place for Eureka moments. Study spaces are open to the public from 10am to 10pm. Small group discussions can also be held here.

充电宝

这个阅读空间，是个让人保持头脑清晰、开发创意思维的好地方。这里每天早上10时至晚上10时开放给公众，也适合举行小组讨论。



Broad Way I & II

Have a business idea but not sure if it works? These broad and brightly lit walkways can be your entrepreneurial testbed! This space is ideal for pushcarts and exhibition venues.

宽道1和2

有生意点子却不知是否行得通？这些宽敞明亮的走道可成为你试行创业点子的绝佳地点，适合开设手推车流动店铺和举办展览等。



Jing Si Books and Café

Inspiring books and aromatic coffee provide a brief respite from the humdrum of city life.

静思书轩

这里有具启发性的书籍和芬芳的咖啡，在忙碌的城市生活提供片刻的安宁。



Co Lab

Start-up founders and freelancers who want to stay nimble will like this co-working space for its flexibility. A pantry is also provided for break time.

共享办公空间

想要轻装踏上创业路的创业者与自由工作者，会喜欢共享办公空间的灵活性。这里也设有食品储藏柜，让使用者小歇片刻时，通过饮食补充精力。



Photo courtesy of Tzu Chi Foundation (Singapore)

Power Station I & II

Power Station I & II are suitable for a myriad of activities, for these are multifunctional classrooms which can be used for seminars, talks, workshops and classes. It is equipped with an audio-visual system, and movable tables and chairs.

发电站 1 和 2

发电站适合举办各种活动。多用途教室是举办研讨会、讲座、工作坊和上课的理想场所。这里有视觉和音效系统，及可移动的桌椅等设备。



Chat Room I & II

For those who need some privacy, these serve as counselling rooms, and can double up as rooms for group meetings and discussions. They are available for rent.

聊天室 1 和 2

创客空间的宗旨是培养社区青年，通过工作坊和课程学习数码技术。它提供创意学习体验、数码原型技术、科学、科技、工程、数学等教育，和企业专业发展。



COLLABORATING WITH PARTNERS: THE FIVE-PILLAR APPROACH

HYC's facilities that are operated by partner organisations, are founded on a five-pillar approach.

“五大支柱”合作方式

慈济人文青年中心部分设施由伙伴组织经营，他们的合作宗旨建立在“五大支柱”。

Photo courtesy of Tzu Chi Foundation (Singapore)



DIGITAL TECHNOLOGY

OMG Makerspace aims to foster a community of youth to learn and develop digital technical skills by running related workshops and programmes. It offers creative learning experiences, digital prototyping, Science, Technology, Engineering and Mathematics education, and corporate professional development.

数码科技

创客空间的宗旨是培养社区青年，通过工作坊和课程学习数码技术。它提供创意学习体验、数码原型技术、科学、科技、工程、数学等教育，和企业专业发展。



VOLUNTEERISM

Circular Asia seeks to realise a sustainable future in Singapore and Asia through youth stewardship education and development, corporate innovation and training, and community programmes.

志愿服务

Circular Asia 的宗旨是通过引领青年教育与发展、企业创新和训练及社区活动，在新加坡和亚洲实现可持续发展的未来。



ECO AWARENESS

Real Food is a restaurant serving freshly prepared food using plant-based, clean and ethical ingredients, without any artificial additives and preservatives. It also bakes its bread using only flour, water, salt and leaven via the Slow Bake method, also known as the slow fermentation method. This eatery upholds HYC's "zero plastic" and "meatless" policies.

环保意识

真食是一家用植物类、全天然材料，且不加工食品添加剂和防腐剂，以提供新鲜食品的餐馆。这里只用面粉、水、盐和酵母，通过慢烘技术烘培自家的面包。这里的食肆也都响应并支持中心提倡的“无塑料”及“无肉”方针。



Photo courtesy of Tzu Chi Foundation (Singapore)

ARTS & CULTURE

3Pumpkins Community Arts Lab believes that the arts can help create platforms to restore and build positive relationships in an increasingly anxious and disconnected world.

艺术与文化

3Pumpkins社区艺术创作工作坊相信，在日益紧张和疏离的世界里，我们能通过艺术创造平台，恢复和建立人与人之间的良好关系。



Photo courtesy of Tzu Chi Foundation (Singapore)

WELLNESS

Bhumi Lifestyle Studio demonstrates that Pilates exercise can be both fun and entertaining! You can look forward to strength and functionality training that enhance your well-being.

健康生活

Bhumi Lifestyle 健身室显示普拉提训练也既有趣又富娱乐性。你可以期待这里的力量和功能训练，促进身心健康。

FUN, RELAXING, INCLUSIVE: 三巴旺温泉

Do you like the idea of enjoying free foot spas in mineral-rich water? With the re-opening of Sembawang Hot Spring Park on 4 January 2020, now you can!

Singapore's sole hot spring park is set in 1.1 hectares of rustic surroundings and lush foliage, offering visitors an escape from their daily bustle with a slice of charming kampung life. Open daily from 7am to 7pm, the park is located at Gambas Avenue between Woodlands Avenue 12 and Sembawang Road.

At the heart of the revamped park is a new cascading pool bordered by seats on one side, which lets visitors enjoy a relaxing soak while having a chat. Opting for a more invigorating experience, a handful of adventurous visitors even waded in the ground-level tier during the park's opening day. The water at the pool's highest tier reaches 70°C, but will cool to about 40°C when it reaches the lowest tier.

The park underwent enhancements from August 2018 to January 2020, and now boasts inclusive features that let residents from all walks of life enjoy the facilities. The inclusive features include wheelchair-friendly ramps and a special tap at the main water collection point that enables those with physical disabilities to easily collect the geothermally-heated water.

Wheelchair-bound Mr Lawrence Chee, 73, got to soak his feet at the pool – a delight made possible by the pool's inclusive design. “The design of this pool is practical. The water is very warm yet not so hot. It's much more convenient for people like me,” he said, beaming.

All visitors are also welcome to bring eggs to boil in buckets filled with hot spring water. They can also learn about the groundwater cycle from the educational panels at the park. Other leisure options are also available in the park for those who want to stay dry. These include a café and a floral walk.

Nee Soon MPs Assoc Prof Muhammad Faishal Ibrahim and Er. Dr. Lee Bee Wah planted lychee and rambutan trees to mark the park's reopening, and later toured the facilities. Ms Lee stayed at the cascading pool to join a group of residents for a foot soak, and also tried her hand at cooking eggs using a wooden bucket and spoon.

“Singapore's only hot spring is now bigger and more beautiful than before,” said Ms Lee. “I hope residents enjoy the new facilities. Many thanks to NParks for taking up residents' suggestions and turning the space into the beautiful park we have today.”

Prof Faishal said: “Everyone who has come here before [it closed in 2018] shared that it has undergone great transformation.”

“It has been a great day out for them, and they really look forward to coming again. In my view, it is a gem in Singapore that offers a wonderful experience for residents and their families.”



To have an enjoyable and safe Hot Spring Park experience, remember to follow these guidelines for use of the facilities!



Er. Dr. Lee Bee Wah, Coordinating Minister for Infrastructure and Minister for Transport Mr Khaw Boon Wan and Assoc Prof Muhammad Faishal Ibrahim tour the facilities

HOT SPRING PARK REOPENS

公园重新开放



在富含矿物质的热水中享受免费足浴，实为人生一大乐事。随着翻新后的三巴旺温泉公园在2020年1月4日重新开放，你可以与家人到那里泡温泉、煮鸡蛋！

这个新加坡唯一的温泉公园占地1.1公顷，坐落在保留天然乡村气息的绿色环境，让访客仿佛回到甘榜，暂时忘却忙碌的都市生活。温泉公园位于甘巴士道，介于兀兰12道和三巴旺路之间，开放时间是早上7时至傍晚7时。

翻新后的公园中央建设了新的梯流池，访客可坐在池子边缘一边泡脚，一边谈天。一些访客在开幕日当天更直接步入水池，享受温泉体验。梯流池最高层温度约70摄氏度，直流而下到公众坐下泡脚的池里时，温度已降至40摄氏度。

公园从2018年8月至2020年1月翻新，现具有包容性的设施，让所有居民都能享受温泉，这些设施包括无障碍坡道，及特设于取水站，方便体障人士取温泉水的水龙头。

以轮椅代步的朱信华（73岁）如今能坐在轮椅上泡脚，令他非常开心。他笑着说：“水池设计很实际。这里的水温恰到好处。这里对我一样的人士非常方便。”

温泉公园也欢迎访客自带鸡蛋，在装满温泉水的水桶煮蛋。他们也可从公园里的资讯板了解温泉水的来源。公园内也有其他设施，如咖啡馆与花间小径，让不泡温泉的访客也有其他休闲选择。

义顺集选区议员费绍尔副教授与李美花博士在开幕当天栽种荔枝和红毛丹树，以标志公园重开，并一起游览设施。李美花博士也与居民一起泡脚，并尝试用木桶煮蛋。

李美花博士说：“新加坡唯一的温泉现在面积扩大，也更美观。我希望居民都来享用新设施。谢谢国家公园局采纳居民的意见，把这里转化成今天所见到的美丽公园。”

费绍尔副教授说：“以前来过这里的人都说，温泉公园的确经历很大的变化。他们非常享受这里的温泉体验，也期待再次回来这里。我认为温泉公园是我国非常珍贵的休闲地点，带给居民及家人非常美好的体验。”



三巴旺集选区议员与费绍尔副教授(右三) 和李美花博士(右一) 一起植树，以标志温泉公园重开



李美花博士与访客示范如何正确使用木桶，包括用完后应放回原位，以方便其他访客



置身于青葱绿意中享用美食，别有一番风味

Launch of AIC Link @ Nee Soon



Agency for Integrated Care (AIC) has opened an **AIC Link counter in SGO @ Nee Soon** to provide seniors and their caregivers convenient access to eldercare information and services. Care Consultants at the AIC Link are here to advise caregivers and their loved ones on getting the right care at the right place, enabling seniors to age-in-place.

Care Services & Schemes

- Caregivers Training Grant
- Centre-Based Respite Care
- Community Health Assist Scheme (CHAS)
- Day Care
- Day Rehabilitation
- Dementia Day Care
- Eldersitter Service (for Dementia)
- Foreign Domestic Worker Levy Concession for Persons with Disabilities
- Home-Based Intervention Service (for Dementia)
- Home Care Services
- Home Caregiving Grant
- Home Personal Care
- Interim Disability Assistance Programme for the Elderly
- Nursing Home Respite Care
- Pioneer Generation Disability Assistance Scheme
- Seniors' Mobility and Enabling Fund



AIC Link @ Nee Soon
Block 234, Yishun Street 21, #01-418, S(760234)
Operating Hours:
Mondays to Fridays – 9.30am to 5.30pm

AIC Link @ Khoo Teck Puat Hospital
90 Yishun Central, S(768828)
Patient Service Centre, Tower B Level 1
Operating Hours:
Mondays to Fridays – 9.30am to 5.30pm
Saturdays – 9.00am to 12.30pm

COME
JOIN US!



Watch this video
to find out more!

Be a Silver Generation Ambassador

Make a difference by engaging seniors in your community, and enabling them to live well and age gracefully.

- Visit seniors at their homes to share Government policies and schemes.
- Identify seniors' needs and help apply for assistance if needed.
- Connect seniors to active ageing activities and events in the community.

Contact us today!

1800-650-6060

enquiries@aic.sg

@silvergenerationoffice

NEE SOON SOUTH ANNOUNCES PLANS FOR INCLUSIVE AND GREEN CC

Harnessing solar energy to power an entire building will be a sustainable dream come true for Nee Soon South Community Club (NSSCC) in 2022. “Climate change is a major issue, and we have to do whatever we can to reduce our carbon emissions,” said MP for Nee Soon South Er. Dr. Lee Bee Wah at the CC’s Open House on 1 December 2019.

She added: “The upgraded CC is designed to have net zero energy consumption, by reducing consumption and offsetting it with the energy from solar panels.”

The CC will employ a smart energy management system and utilise the solar panels on its roof to support its energy consumption needs. Features such as a hybrid air-conditioning system, light-emitting diodes (LED) lighting and natural ventilation will support lower energy consumption and help the CC achieve Super Low Energy Building (SLEB) status.

The CC will also become dementia-friendly. Dementia patients will find it easier to navigate the building as colour-coded zones and signages using large fonts are part of the upgrading plans. This makes NSSCC the first SLEB building to have dementia-friendly facilities. Three badminton courts, dance and music rooms, and a culinary studio centered around the central courtyard will also be built at the CC.

Resident Mr Wang Shiliang, 31, applauded the upgrades. “These will have dual impact — promoting energy conservation and significant cost savings. I look forward to the new badminton court as I play badminton regularly,” he said.



News of the upgrading works received a unanimous thumbs up from residents



Information panels detail the dementia-friendly features that will be built



李美花博士聆听居民有关新设施的询问，并清楚解释各设施的用途。

义顺南民众俱乐部翻新后将更包容且环保

到了2022年，整座义顺南民众俱乐部将能靠太阳能供电，贯彻永续与环保的精神。义顺南民众俱乐部在2019年12月1日举办了活动，议员李美花博士在现场致辞时说：“气候变化是个重大课题，我们必须尽力减少碳排放量。”

她补充：“通过减少耗电量并用太阳能板产生的电力抵销耗电，翻新后的民众俱乐部将是净零能源建筑。”

民众俱乐部将融入智能能源管理系统，并运用太阳能板产生的电力支持建筑的耗电量。为了减少能源浪费，民众俱乐部也将采用混合冷气系统、发光二极管和自然通风系统，使其成为本地首座能耗超低的民众俱乐部。

民众俱乐部也会打造亲失智症患者的环境。失智症患者会发现，翻新后的民众俱乐部以颜色划分各区，也新增色彩鲜艳的指示牌，提高辨识度。也因为这些措施，义顺南民众俱乐部将是首座亲失智症患者的能耗超低建筑。此外，那里也会围绕着中央庭院，兴建三个羽毛球，及舞蹈与音乐室和烹饪室。

居民王世良先生（31岁）十分欢迎翻新计划。他说：“这些设施将一举两得，既节省能源又减少相当可观的开支。我经常打羽毛球，因此也期待使用新的羽毛球场。”

李美花议员同时呼吁居民们正视塑料对环境的破坏，减低使用塑料的使用量。



#INSTAWORTHY #SPOTS IN

Every year, at least one new mural pops up in Nee Soon. These intricate and lively art works are created by our very own Nee Soon residents. Painted to enliven the neighbourhood, these murals are also wonderfully Instagrammable. The next time you are in search of an activity around the neighbourhood, opt for an Instagram trail of the murals around Nee Soon!



Photo courtesy of
United Overseas Bank

A Forest Dreamscape (Completed in 2019)

The void deck walls of Block 269A Yishun Street 22 are adorned with “trees” and “animals” living in a whimsical magical forest. Painted by Mr Khairulddin Bin Abdul Wahab and United Overseas Bank employees, the mural evokes cheer and stimulates the imagination and creativity of children, who use the space as a tuition and reading area.

MP Mr Louis Ng said: “The art murals have made the void decks brighter and more refreshing, adding vibrancy of colours to the neighbourhood.”

Location: Block 269A Yishun Street 22



Nee Soon the Naval Base (Completed in 2019)

Four students from Naval Base Secondary School conceptualised a pop-art styled mural, featuring elements of Nee Soon’s history as a naval base. Weaving in icons of Singaporean culture to celebrate the Bicentennial, the students created an intricate and vibrant scene that captures elements of Singapore’s present and 200-year past. The mural was painted by fellow students, and unveiled by MP for Nee Soon South Er. Dr. Lee Bee Wah on 14 July 2019.

Location: Naval Base Secondary School



A Good Link Between Art and Play (Completed in 2018)

Under a pavilion at Goodlink Park Playground sits a 4-metre by 2-metre mural. Depicting a scene from the 1960s, the mural shows an outdoor eatery where customers are having their meals on wooden tables and stools. This is Nee Soon South’s third mural since 2016, when it launched a public art initiative to tell the history of the area.

Location: Goodlink Park Playground, off Sembawang Road



A Lesson in Public Education (completed 2017)

This artwork centres around Lee Teck Public School. In the 1970s, many residents of Chye Kay Village attended this school after they were resettled into Yishun. A bicycle mounted in front of the wall makes this an interactive, 3D work of art.

Location: Block 776 Yishun Avenue 2

#NEES00N

iNSta WALKERS SEEK OUT THE SURREAL

Finding the extraordinary in our seemingly ordinary surroundings, all through the ubiquitous mobile phone camera. This was perhaps the greatest takeaway for participants of Nee Soon iNSta Walk v0.1 held on 15 December 2019. Led by celebrity radio deejay Ms Jamie Yeo and photographer Mr Ben Lau, residents went on a photo tour of iconic Nee Soon landmarks such as Yishun Pond Park Lookout Tower, Tzu Chi Humanistic Youth Centre and the colourful blocks along Yishun Ave 5.

Ben demonstrated different photography techniques such as puddlegams – the clever use of reflections in puddles of water – as well as adroit use of distance, frames, shapes and lines to create surreal, dreamy effects. “Photography is about telling stories. I usually try to get Instagrammers to discover different perspectives of their neighbourhood,” he said.

Participants pitted their new-found skills against one another in two photo contests — Urban Jungle and Product of the Day.

Here are the winning photos for the Product of the Day and Urban Jungle categories of our iNStawalk!



Urban Jungle



Urban Jungle



Urban Jungle



Product of the Day



Product of the Day



Product of the Day



CHONG PANG'S COOL INITIATIVE WARMS HEARTS AND BELLIES



Chong Pang's first community fridge is a cool way to encourage sharing and consumption of fresh, nutritious food among residents. The fridge, located at Block 162 Yishun Street 11, was unveiled on 11 January 2020 by MP for Chong Pang Minister K Shanmugam. It is open at all hours and to everyone, particularly low-income residents who may not be able to afford fresh produce sold in stores. This initiative complements other ongoing programmes, such as the distribution of rations and cooked food to low-income households.

The fridge is stocked with fruits, vegetables and milk. These items are typically excess fresh supplies given by Redmart, SG Food Rescue, Darul Makmur Mosque and Project Love Lunch. Although some food items may have cosmetic damages, their nutritional value remains. Besides encouraging healthier eating habits

among residents, this initiative also helps to reduce food wastage. It was started by Free Food For All (FFFA) and Chong Pang Grassroots Organisations, and will be sustained with the help of volunteers and residents of Block 162.

Minister Shanmugam highlighted that the Community Fridge was a good chance to rally the community together for a good cause. "We are trying to get volunteers to come forward, have the empathy to work for the community and build bonds. We try to get the best out of people, create a better community and at the practical level, address their [needy households'] needs," he said.

On the day of the launch, WeCare@North West volunteers also distributed festive packs to 290 needy families as part of a 3-week community service outreach.



Community Fridge location

Block 162 Yishun Street 11, Singapore 760162

Do

- ✓ Approach FFFA or Chong Pang CC to enquire if you can contribute items
- ✓ Take only what you need
- ✓ Keep the fridge clean and its doors closed

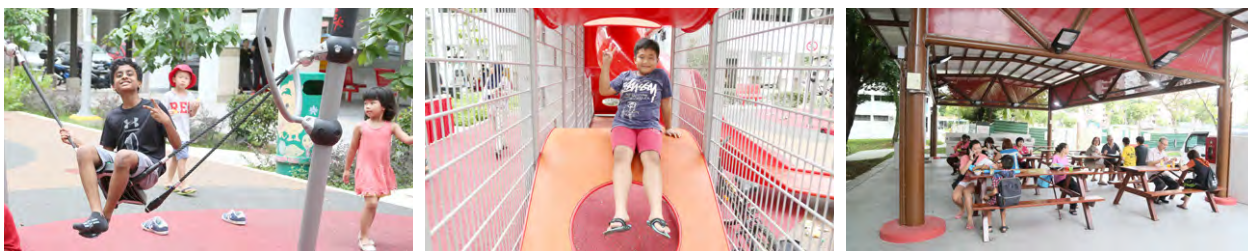
Do not

- ✗ Place/deposit food directly in the fridge
- ✗ Change the fridge thermostat
- ✗ Consume any of the food items if you are doubtful of their freshness

NEE SOON SOUTH ZONE D NRP COMPLETED!



Er. Dr. Lee Bee Wah shared that she was "very pleased" with the completed works, which residents themselves voted to have



Residents eagerly trying the new facilities at Nee Soon South Zone D

Living an active and fulfilling lifestyle just got easier in Nee Soon South Zone D, where 30 blocks of flats have completed the Neighbourhood Renewal Programme (NRP). Nee Soon South Zone D is now equipped with more fitness corners, playgrounds, double-tiered bicycle racks and barbecue pits – all of which can help residents shape an active and vibrant lifestyle. Sheltered connectivity has also improved significantly as more linkways and drop-off points are now available.

The NRP Completion Ceremony was held on 17 November 2019 at the sheltered court between Block 832 and Block 834 Yishun Street 81. MP for Nee Soon South Er. Dr. Lee Bee Wah officiated the ceremony, saying: "Every one of you can travel from one end to another, whether rain or shine. Nee Soon South is a rejuvenated town with better facilities for all to enjoy."

Block 833 resident Mr Ngo Guan Heng, 54, gave the thumbs up for the sheltered linkways, which keep the pathways dry and safe for elderly folk during rainy days.

Meanwhile, Ms Tracer Tan, 15, is looking forward to using the barbecue pits. "I guess I will be busy grilling good stuff with family and friends," she said, smiling.

The event venue was packed with residents eager to try the fun carnival game booths and watch the entertaining stage performances. Many enjoyed light refreshments at the newly constructed sheltered barbecue pit area near the event venue.

EVERGREEN LIFE LESSONS SOWN AT TREE PLANTING DAY

For residents of Nee Soon Central Zone 1, the recent Tree Planting Day was a reminder that personal health should be valued as much as the environment. MP for Nee Soon Central Assoc Prof Muhammad Faishal Ibrahim opened the 16 November 2019 event by sharing that "the leaves of the Happiness Tree are tough and strong, just like all of you [residents]." He added that "we must be strong and healthy to be happy", before leading residents in the planting of Happiness Trees at the area between Blocks 731 and 736 Yishun Street 72.

A booth at Block 736 showed residents how to customise flower tea bags, prompting resident Madam Tan Jee Wah, 56, to share her love for floral tea. "I drink mainly chrysanthemum and rose tea five times a week, to keep my sugar level, cholesterol and blood pressure in check," she revealed. Participants also tested their mental dexterity at the game booths and enjoyed free ice cream to end the event on a sweet note.



Residents assisting Assoc Prof Muhammad Faishal Ibrahim to plant and water Happiness Trees at Yishun Street 72



Joyful residents as strong and healthy as the Happiness Trees they helped to plant



Residents viewing a demonstration on how to create your own flower tea bag

The Tiny Insect

Did you know?

- The largest dragonfly ever had a wingspan of 72 cm – equivalent to the height of a 9-month-old human baby!
- Dragonflies can fly at approximately 56 km per hour. They can fly forwards and backwards.
- The dragonfly has 30,000 lenses in its eye, and almost 360 degree vision.

Impacting the World in Big Ways

Imagine playing a game of word association with the word “dragonfly”. Besides “pond insect” and “transparent wings”, little else will probably come to your mind. But did you know dragonflies are also associated with the words “orthopaedics” and “aviation”? One particular area of

Nee Soon is home to at least 20 dragonfly species. Read on to uncover how these slender-bodied winged insects play an unseen critical role in humans’ quality of life, and how they have inspired modern-day technological marvels.

300 million year-existence

Dragonflies existed even before dinosaurs did. It makes them one of the longest-surviving insects on earth – and for good reason. Having dragonflies around means the presence of a non-polluted water body, as their larvae require clean water to thrive. Hence, dragonflies are an important sign that there are life-sustaining resources in a particular area.

Dragonflies do not bite or sting, and are harmless to humans. In fact, adult dragonflies aggressively feed on mosquitoes and flies, which helps to control the population of these disease-carrying insects. In the past decade, academic research efforts and citizen scientist initiatives about dragonflies in Singapore have mushroomed, leading to greater understanding and appreciation of these insects.

Thriving dragonflies, thriving humans

A study published in 2016 by the National University of Singapore revealed that 130 species of dragonflies exist in Singapore. NParks estimates that this is equivalent to the number of dragonfly species found in the whole of Europe. Several rare species, such as the critically endangered Restless Demon (*Indothemis limbata*) and Scarlet Marsh Hawk (*Aethriamanta brevipennis*) have been found here.

At least 24 dragonfly species have been observed in Nee Soon. Interestingly, they were spotted at a place many would least expect: Khoo Teck Puat Hospital (KTPH).

The Centre for Liveable Cities highlighted in its Urban Solutions magazine that four freshwater environments were created at KTPH to attract insects like dragonflies. These environments help build a lush green ecosystem that helps patients in their recovery. Nature enthusiast Mr Tang Hung Bun, who co-authored a book about dragonflies, recorded in his blog Everyday Nature that the variety of dragonflies in Nee Soon has increased over the years.

Co-existing with dragonflies

If you are a gardener, it may interest you to know that attracting dragonflies to your garden keeps the pest population in check. As dragonflies prey on smaller insects, they help reduce the number of mosquitoes, gnats, termites, deerflies and midges. It helps to build a small pond in a sunny spot so female dragonflies can lay their eggs there.

Some residents whose homes are near bodies of water may encounter dragonflies. If you see these insects, don’t chase them away. As mentioned, they help reduce the mosquito population, a natural solution to contain the spread of mosquito-borne infections.

Inspiring modern-day innovations

The physical features of these slender insects have inspired a host of modern-day innovations.

Eyes

Dragonflies can focus on a single moving target thanks to their excellent sense of sight and unique nerve cell functions. This makes them skilled hunters with success rates at 90% or more.

The University of Adelaide has adapted these nerve cell functions to machine learning technology, and intends to create drone-tracking systems and autonomous pursuit robots with it.

Wings

Their wings move in a rowing motion, much like boat oars. Each wing functions independently, and can also rotate to match the aerodynamic forces acting on it.

A US research company successfully patented a micro air vehicle (MAV) that flies using multi-wing hovering and gliding movements, mirroring dragonfly flight. These movements stabilise the MAV’s flight, just like they do with the dragonfly’s.

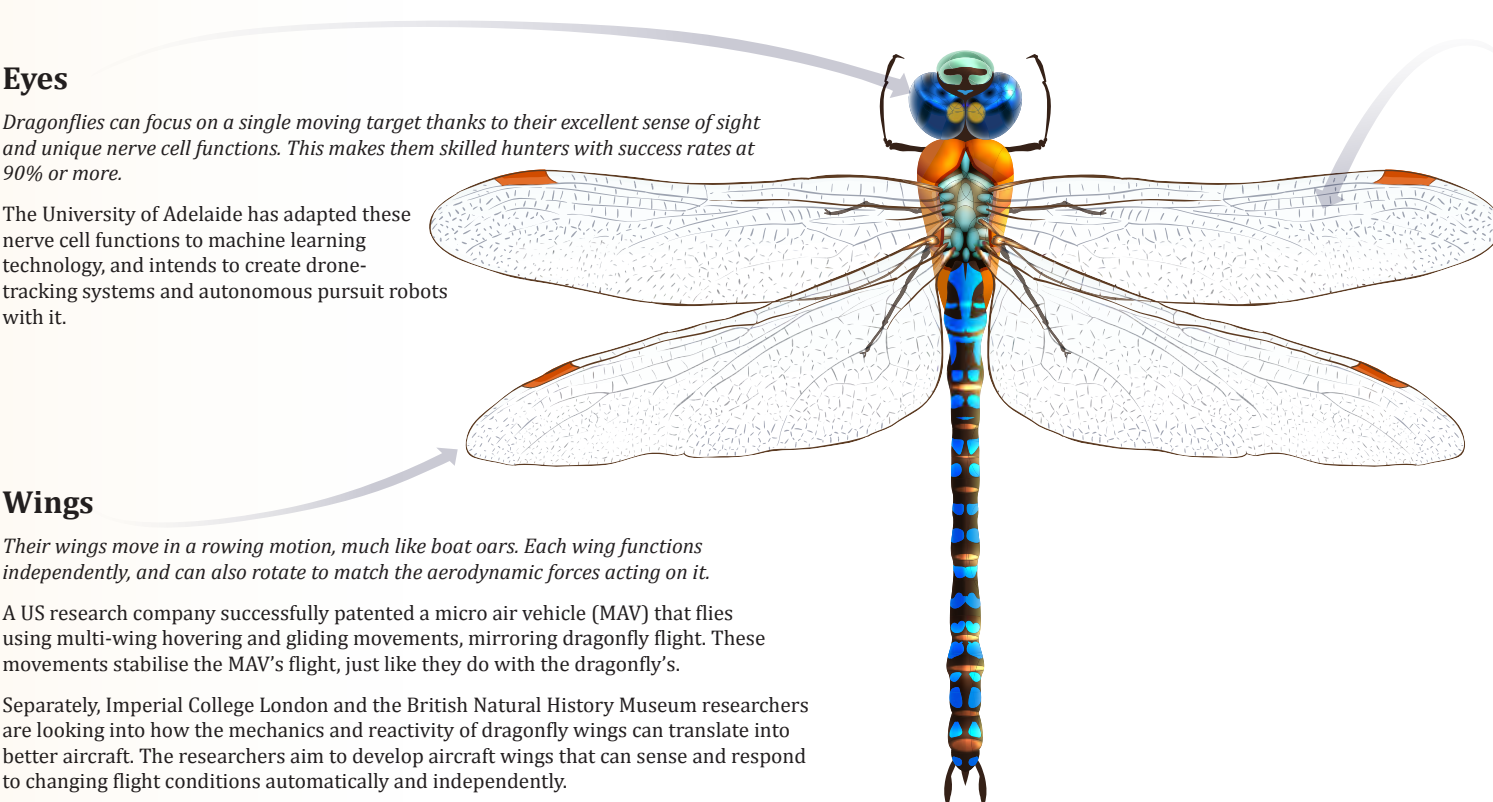
Separately, Imperial College London and the British Natural History Museum researchers are looking into how the mechanics and reactivity of dragonfly wings can translate into better aircraft. The researchers aim to develop aircraft wings that can sense and respond to changing flight conditions automatically and independently.

Nanopillars

Nanopillars are nail-like structures on the surface of dragonfly and cicada wings that pierce bacteria cell walls upon contact.

Scientists from the Institute of Bioengineering and Nanotechnology (IBN) in A*STAR have developed an anti-bacterial nano coating that mimics the way nanopillars physically destroy bacteria. This coating is 99.9% effective in eradicating germs on a variety of surfaces. Its commercial viability is currently being tested at Tan Tock Seng Hospital.

Australian researchers, leading surgeons and a medical device company are also studying nanopillars. They aim to find out if orthopaedic implants with surfaces that mimic the nano-patterns of dragonfly wings can reduce infection rates for hip and knee implant patients.



(From left) The Globe Wanderer, Green Skimmer, Grenadier, Orate Coraltail, Pinhead Wisp and Striped Grenadier are some species of dragonfly found in KTPH

Photos courtesy of Mr Simon Chan, KTPH staff; and Mr Tang Hung Bun, KTPH volunteer

Nanas and Squish Wish You Huat and Harmony!



Make your first Lunar New Year of this decade a memorable one by taking a selfie with Nanas, Squish and the God of Fortune!

The Town Council's annual Chinese New Year (CNY) decorations are back, featuring our beloved mascots Nanas and Squish. A special backdrop has been set up outside the Town Council office so you can snap a photo with our mascots. Featuring auspicious red lanterns and coins to represent *huat* and harmony, the backdrop also features blue clouds as a symbol of clear skies for the year ahead.



A God of Fortune statue, placed a few steps away from Nanas and Squish, is also there to wish residents abundant fortune in 2020. Head down to Block 290 Yishun Street 22 for this memorable CNY photo op!

Remember to tag us on your social media accounts, and include the hashtag #HomeWithAHeart in your post!

Facebook: @neesoon.tc

Instagram: @neesoon.tc

CHONG PANG CITY WINS HEARTLAND ENTERPRISE AWARD

Congratulations to Chong Pang City Merchants and Hawker's Association for winning the inaugural Outstanding Merchants Association Award!

Their winning factor: **thelocalmart.sg** — Nee Soon's first online marketplace. The Local Mart functions as a direct communication channel between residents and businesses with physical premises at Chong Pang City. Residents can call a shopowner directly through the contact number listed on the platform, or submit their enquiries via the businesses' social media pages. Within half a year, merchants have already seen an increase in enquiries about their product range and stock.

"We needed to create a platform to allow customers to make enquiries," said the association's Head of Marketing Mr Jon Lee. Around 20% of Chong Pang City retailers have listed their goods and services on the platform.

忠邦城夺新加坡邻里企业之星奖

恭喜忠邦城商贩联谊会勇夺新增设的“杰出商联会奖”！

忠邦城之所以脱颖而出，主要是因为联谊会所推出的电子商务与社交媒体平台thelocalmart.sg，成为了忠邦城商家与居民直接沟通的桥梁。有任何疑问的居民可直接按照商家刊登在平台的电话号码拨电询问，或到商家的社交媒体平台提问。仅半年内，商家们就注意到有关于产品种类和存货的询问已有所增加。

忠邦城商贩联谊会营销总监李庆文先生说：“我们需要创建一个平台，让顾客能直接向商家询问。”目前，五分之一的忠邦城商家已把产品及服务上载到这个商务平台。



CHONG PANG



Mr K Shanmugam

Minister for Home Affairs and Minister for Law
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions

Every Tuesday at 7.30pm (except public holidays & eves of public holidays)
at Block 107 Yishun Ring Road #01-207 Singapore 760107
Tel: 6758 3039 Email: k_shanmugam@mha.gov.sg
Facebook: K Shanmugam
Youtube: K Shanmugam

NEE SOON EAST



Mr Louis Ng Kok Kwang

MP for Nee Soon GRC
Chairman,
Nee Soon Town Council

Meet-the-People Sessions

First four Mondays of the month, 7.30pm to 9pm
(Except the eves of and a public holiday)
at Block 227 Yishun St 21, #01-520 Singapore 760227
Tel: 6755 1946 Email: louisng4nse@gmail.com
Facebook: louisngkokkwang

KEBUN BARU



Mr Kwek Hian Chuan Henry

MP for Nee Soon GRC
Vice-Chairperson,
Nee Soon Town Council

Meet-the-People Sessions

Every Tuesday at 7.30pm
(except public holidays & eves of public holidays)
at Block 109 Ang Mo Kio Ave 4, #01-14 Singapore 560109
Tel: 6454 8792 Email: HenryforKebunbaru@gmail.com
Facebook: Henrykwek

NEE SOON CENTRAL



Assoc Prof Muhammad Faishal Ibrahim

Senior Parliamentary Secretary,
Ministry of Education and Ministry of Social and
Family Development
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.00pm
(except public holidays & eves of public holidays)
at Block 609 Yishun St 61 #01-235 Singapore 760609
Tel: 6752 2532 Email: muhammad_faishal_ibrahim@msf.gov.sg
Facebook: muhammad.faishal.ibrahim1

NEE SOON SOUTH



Er Dr Lee Bee Wah

MP for Nee Soon GRC
Vice-Chairperson,
Nee Soon Town Council

Meet-the-People Sessions

Every Monday at 7.00pm
(except public holidays & eves of public holidays)
at Block 850 Yishun St 81 #01-94 Singapore 760850
Tel: 6759 3413 Email: mp4nss@gmail.com
Facebook: leebeewahpage

LOCATE US

Yishun
Blk 290 Yishun St 22, S(760290)
Nee Soon Central
Blk 751 Yishun St 72, #01-186, S(760751)
Nee Soon South
Blk 845 Yishun St 81, #02-00, S(760845)
Kebun Baru
Blk 161 Ang Mo Kio Ave 4, #01-500, S(560161)



From 1 April 2018,
Essential Maintenance Service Unit (EMSU)
After office hours: **1800 241 7711**



Tel:
6758 0129
Email:
feedback@nsc.org.sg
Facebook:
Nee Soon Town Council
SMS/MMS:
9110 9877

SPENDING GOLDEN YEARS TO CREATE GOLDEN MOMENTS

To many, retirement equates to plenty of leisure and rest. 60-year-old Mr Wong Tee Chew Lionel, however, chose to spend his time volunteering. The former Town Council assistant property manager recalls his unexpected decision to volunteer his time for an equine learning programme, during his farewell lunch, no less.

How It Began

Since retiring in September 2019, Lionel has spent his days volunteering for Wednesdays with Horses. It is the first equine-assisted programme conducted within a Housing Board estate, and is led by Nee Soon Town Council and non-profit charity organisation EQUAL Ark. EQUAL Ark rescues horses from being put down, retrains them, and uses them to carry out learning programmes for seniors as well as children.

How Lionel got to know the programme was purely by coincidence. During Lionel's farewell lunch, MP for Nee Soon East and Town Council Chairman Mr Louis Ng shared about this new, unique programme that required volunteers. "He mentioned that this programme uses horses to assist children and the elderly. So I volunteered myself for this very meaningful community project," Lionel said.

Undergoing Basic Training

There are many things to consider when bringing horses to the heartlands. Training is needed to manage them well. "Horses are prey animals, so naturally they are highly sensitive to things happening around them," Lionel explained. The horses need to be calm when they are first brought into a new environment. When horses are being led out of their truck, for example, volunteers practise crowd control.

"If there are cyclists, I gesture for them to slow down. When there are people running around, I ask if they can walk instead. I also advise people to talk softly when they are near the horses," Lionel said.

In a matter of months, Lionel has learnt to identify the horses and the correct way to interact with each of them. For example, Costera is a horse that demands respect and is easily identifiable by the moon-shaped white mark on her forehead, while Chevy is a gentle creature with distinct hind legs.

"You cannot 'anyhow' touch Costera the first time you meet her, but you can do so with Chevy. You can be more *chin chai* [anything] with Chevy," Lionel said with a laugh. His word of advice to visitors? Do not stand behind a horse as it will feel uneasy.

Horses Can Sense Your Emotions

Horses and humans are both herd animals. Living in groups, herd animals help and care for one another, which partly explains why horses can lift our spirits if we are feeling down.

"Horses are just like us. When you first encounter a horse, it does not know you, so it keeps a safe distance from you. The second time, it will recognise you through the scent it picked up previously, and will not be afraid of you anymore," Lionel explained enthusiastically.

He added: "A horse can pick up cues about your emotions too. When it knows you are sad, it will comfort you, for example, by letting you touch its hide. Humans sometimes try to do something similar, too. It is wonderful that horses can do this much better."

Success Stories

Through the programme, Lionel has witnessed how horses empower residents.

"I met a wheelchair-dependent grandmother in her eighties. The moment she saw the horse, she wanted to get up and touch it – and she did," Lionel recounted. A nurse from Khoo Teck Puat Hospital later revealed that the senior seldom followed hospital staff's advice to walk more. "But when that grandmother saw the horse, she automatically got up!"

He also recalled a man whose mood improved significantly after stroking a horse. Positive experiences like these strengthened Lionel's belief that he is doing the right thing.

"Once you touch and pet a horse, whatever [negative] moods you have will melt away. You feel so happy. That's the power of the horse," he shared.

A Meaningful Post-Retirement Life

To Lionel, retirement life is active, exciting and meaningful. Upon waking up, he will meditate before practising qigong and going for a brisk walk. He also volunteers at religious organisations.

The highlight of his week is still his Wednesday morning session with horses, which begins at 8.30am and ends at 12.30pm. "Every time I come here, I am happy. If I stay at my house for too long, I may become lethargic," he said, grinning.



Lionel shared intricacies of managing horses with fellow volunteers, through photos taken using mobile phone

对许多人而言，退休生活意味着充裕的闲暇与休息时间。但60岁的王诗洲先生选择把时间花在当义工。曾任职市镇理事会物业经理的他回忆，他是在市镇会为他准备的退休欢送午餐会上，意外决定投入马儿辅助活动当义工。

善用黄金年华， 创造黄金时刻

缘起

自从2019年9月退休后，王先生每逢星期三当起马儿辅助活动的义工。这是首个在组屋区进行的马儿辅助活动，由义顺市镇理事会及慈善组织 EQUAL Ark 共同策划并执行。EQUAL Ark 收养险遭人道毁灭的退役赛马，重新训练它们，让他们能在马儿辅助活动中服务乐龄人士和孩童。

王先生与活动结缘，纯属偶然。在他的欢送午餐会上，义顺东议员兼市镇理事会主席黄国光与他谈起这项崭新且独特的计划，并提到活动正在召集义工。王先生说：“黄国光先生提起，活动利用马匹帮助孩童及年迈者。我当下决定毛遂自荐，参与这项非常有意义的社区计划。”

接受基本训练

把马儿带到邻里有许多考量因素。马儿需要经过适当的训练。王先生说：“马儿在自然界作为猎物，对周遭所发生的事情非常敏感。”当马儿被带到新环境时，必须让它们保持平静。例如当马儿被牵下卡车时，义工就得负责控制人潮秩序。

他说：“如果有脚踏车骑士，我会示意他们骑慢一点。若有人在跑动，我会问他们是否能改为步行。我也会劝请人们靠近马匹时，说话小声一点。”

短短几个月，王先生已学会如何识别马匹，及与它们正确沟通的诀窍。例如 Costera 有傲气，且额上有月形的白色标记，以作辨认。Chevy 则是一匹性格温和的马，有相当容易辨认的后腿。

他笑说：“第一次接触 Costera 时，不能随便摸它，但 Chevy 比较随和，第一次见面就能触摸。”他给访客的忠告则是不要站在马儿身后，因为这会让它们感到不自在。

马有灵性，可以感受情绪

人和马儿都是群居动物。群居动物的特点是会帮助且关怀彼此。这也可能是为什么，当我们情绪低落时，马儿能让我们感到宽慰。

王先生热心地解释道：“马儿就像我们一样。当你首次接触马儿时，它不认识你，所以与你保持安全的距离。第二次见面时，它能辨识你的体味，便不会再害怕你了。”



王先生为小朋友壮胆，拉近骏马与小孩的距离

他补充说：“马儿也能感受你的情绪。当它知道你难过时，它会安慰你，比方说，让你摸它的毛皮。人类有时其实也一样。马儿在这方面有很好的作用，这是很棒的事。”

成功例子

王先生通过课程，亲眼目睹马儿如何提振居民的心情。

他忆述：“我曾遇过一位坐轮椅的老婆婆，她大概80多岁。老婆婆一看到骏马，第一个反应就是马上站起来抚摸它。”后来，王先生从邱德拔医院的护士口中得知，虽然旁人常常劝老婆婆多走动，但她很少听从。“不过，当她一看到骏马，就自动站了起来！”

王先生也记得有个男居民，在接触了马儿后，心情马上变好。这些富有正能量的体验，更加坚定王先生的决心，知道自己的决定是正确的。

王先生分享说：“当你抚摸马儿时，任何负面情绪都会烟消云散。你会感觉愉快。那就是马儿辅助带来的神奇力量。”

有意义的退休生活

对王先生而言，退休生活是活跃、刺激及有意义的。一早起来，他会先静坐，然后练习气功并走出屋外散步。他也在宗教团体当义工。

对王先生而言，每个星期的亮点仍是每逢星期三早晨与马儿的约会，每周的活动从早上8时30分进行到中午12时30分。王先生笑说：“每次来这里当义工，我都很开心。在家呆太久，我会变得无精打采。”