

# 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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## NOTICED ANYTHING NEW?

## 您注意到了吗?

## PERHATIKAN SESUATU YANG BARU?

## புதியது எதையாவது கவனித்தீர்களா?



### When was the last time you noticed and appreciated something new in your neighbourhood?

You may notice the obvious changes - like Canberra MRT station (Page 5) and the revamped Mayflower Mall (Page 4) - as they alter the physical landscape through their size or design.

Just as significant, however, are the amenities that have sprouted and quietly integrated into the existing landscape. These include the newly opened free Traditional Chinese Medicine (TCM) clinic at Khatib (Page 7), the relocated Nee Soon Central Community Club (Page 2), and an equine learning programme in Nee Soon East (Page 6), which strive to strengthen our town's social and cultural fabric.

In this issue, we help you make sense of how you can benefit from these amenities as well as upcoming ones. Dive into the following pages for a new perspective on the conveniences available in our town.

### 您上一次注意到并欢迎邻里的新事物，是什么时候的事?

一些明显的改变，如坎贝拉地铁站（第5页）和翻新后的美华广场（第4页），较不容易被忽略，因为它们的实体建筑和设计，改变了邻里的景观。

但同样重要的，是那些悄悄出现并融入我们日常的新设施。它们包括在卡迪刚开幕的中医义诊诊所（第7页），搬迁后的义顺民众俱乐部（第2页）和在义顺东与马儿互动（第6页）。这些新项目旨在加强义顺市镇的社会与文化结构。

这一期的刊物中，我们将为您介绍这些新添加的设施，及未来的更多计划，让您了解能如何从中获益。

### Bilakah kali terakhir anda perhatikan dan menghargai perkembangan baru di kejiranan anda?

Anda mungkin dapat perhatikan perkembangan yang ketara - seperti stesen MRT Canberra (halaman 5) dan Pusat Pertokoan Mayflower (halaman 4) - kerana mereka mengubah landskap fizikal melalui saiz dan corak mereka.

Walaupun bagaimanapun, kemudahan yang telah bercambah sambil bersepadu dengan landskap maujud juga bermakna. Ini termasuk klinik perubatan tradisional Cina (TCM) yang baru dibuka di Khatib (halaman 7), Kelab Masyarakat Nee Soon Central yang baru berpindah (halaman 2), dan program kuda di Nee Soon East (halaman 6) yang berusaha untuk menguatkan susunan sosial dan seni di bandar kita.

Dalam isu ini, kami bantu anda untuk fahami bagaimana untuk hasilkan manfaat dari kemudahan-kemudahan ini dan juga yang akan datang. Selam diri anda dalam halaman berikut untuk perspektif baru tentang kemudahan yang terdapat di bandar kita.

### எப்போது நீங்கள் கடைசியாக உங்கள் அக்கம்பக்கத்தில் ஏதாவது புதியதைக் கண்டு மகிழ்ச்சி அடைந்தீர்கள்?

அளவினால் அல்லது வடிவமைப்பினால் எளிதில் கவனத்தை ஈர்க்கும் கேம்பரா பெருவிரைவு ரயில் நிலையம் (பக்கம் 5), சீரமைக்கப்பட்ட மேஃபிளர் மால் கடைத்தொகுதி (பக்கம் 4) போன்ற மாற்றங்களை நீங்கள் கவனித்திருப்பீர்கள்.

தற்போதைய சுற்றுச்சூழலில் அமைதியாக ஒருங்கிணைந்த மற்ற முக்கியமான வசதிகளும் உள்ளன. காதிப்பில் புதிதாகத் திறக்கப்பட்ட இலவச பாரம்பரிய சீன வைத்தியசாலை (பக்கம் 7), புதிய இடத்திற்கு மாறிச்சென்ற நீ துன் சென்ட்ரல் சமூக மன்றம் (பக்கம் 2), நீ துன் ஈஸ்ட்டில் குதிரைப்பயிற்சி அளிக்கும் பயிற்சியளிக்கும் திட்டம் (பக்கம் 6) போன்றவை இதில் உள்ளடங்கும். இவை அனைத்தும் நம் நகரின் சமூக, கலாசாரப்பிணைப்பை வலுப்படுத்தத் துணைபுரிகின்றன.

இந்தப் பதிப்பில் மேற்குறிப்பிடப்பட்ட புதிய வசதிகளையும், எதிர்வரும் வசதிகளையும் நீங்கள் எவ்வாறு பயன்படுத்திப் பலனடையலாம் என்பதை உங்களுக்குப் புலனாக்குவோம். அடுத்தடுத்த பக்கங்களைப் புரட்டிப்படித்து, நம் நகரிலுள்ள வசதிகளைப் பற்றிய புதிய கண்ணோட்டத்தைப் பெற்றிருங்கள்.





# NEE SOON CENTRAL CC HAS SOMETHING FOR EVERYONE 义顺中民众俱乐部 满足各族群的需要

KELAB MASYARAKAT NEE SOON CENTRAL  
MENAWARKAN PELBAGAI JENIS KEMUDAHAN

நீ தூன் சென்ட்ரல் சமூக மன்றத்தில்  
அனைவருக்கும் ஏதாவது உண்டு



Nee Soon Central Community Club (CC) held an open house on 1 November to introduce residents to its range of community and lifestyle facilities.

The event celebrated the opening of the two-storey CC, which relocated from Yishun Street 71 to Northpoint City's South Wing. The new CC houses a reception area and newspaper reading corner on the first floor. A childcare centre, culinary, dance and lifestyle studios, a karaoke room, five activity rooms, two seminar rooms, two function rooms and two music rooms are situated at level 2.

Various enrichment course providers spanning the culinary, dance, first-aid, sports, music and arts fields showcased the courses which can be held at the CC.

Mr Udhayan Selvam, 42, was impressed with the CC's range of facilities and glad that rooms were "easy to find".

Madam Tan Buey Kee, 78, who used to be a karaoke jockey, was excited about the karaoke facilities. "The karaoke set is now computerised, making it easier for us to select songs. This CC really helps to connect neighbours and residents!"

Nee Soon GRC MPs Minister K Shanmugam and Assoc Prof Muhammad Faishal Ibrahim officiated the opening ceremony.

义顺中民众俱乐部在11月1日举办开放日，为居民介绍那里的一系列社区与休闲设施。

义顺中民众俱乐部从义顺71街搬迁到纳福城南翼，在行动上，占两层楼的新民众俱乐部正式对外开放。那里的1楼设有接待处和阅读报纸角落。2楼的设施则包括托儿所、厨艺室、舞蹈室、卡拉OK、5个活动室、两个会议室、2两个大型活动厅及两个音乐室。

许多提供厨艺、舞蹈、急救、体育、音乐和艺术等课程的指导员，也在活动上通过表演或示范，介绍一些可在民众俱乐部举办的课程内容。

Udhayan Selvam先生（42岁）对民众俱乐部的完善设施极为赞赏，也乐见各个课室十分便利，“地方容易找”。

陈梅枝女士（78岁）曾经担任唱片骑师。她对新的卡拉OK系统感到兴奋。“卡拉OK系统如今电子化，比较容易选择歌曲。民众俱乐部确实拉近了居民和邻居之间的距离！”

义顺集选区议员尚穆根部长和费绍尔副教授，为新民众俱乐部主持了开幕仪式。



Minister K Shanmugam tours the Nee Soon Central CC facilities நீ தூன் சென்ட்ரல் சமூக மன்றத்தின் வசதிகளை அமைச்சர் கா. சண்முகம் பார்வையிடுகிறார்.  
Menteri K Shanmugam melawat kemudahan di kelab masyarakat Nee Soon Central 尚穆根部长游览义顺中民众俱乐部的设施

Kelab masyarakat Nee Soon Central menjalankan acara rumah terbuka pada 1 November untuk memperkenalkan pelbagai kemudahan komuniti dan aktiviti-aktiviti kepada para penduduk.

Acara ini meraikan pembukaan kelab masyarakat dua tingkat ini yang berpindah dari Yishun Street 71 ke South Wing di Northpoint City.

Kelab masyarakat baru itu merangkumi kawasan menerima tamu dan sudut bacaan akhbar di tingkat pertama. Sebuah pusat penjagaan kanak-kanak, studio kuliner, tarian dan gaya hidup, bilik karaoke, lima bilik tugas, dua bilik seminar dan dua bilik muzik terletak di tingkat kedua.

Pelbagai kursus yang disediakan seperti bidang kuliner, tarian, pertolongan cemas, olahraga, muzik dan seni boleh terdapat dan boleh diadakan di kelab masyarakat.

Encik Udhayan Selvam, 42 tahun, begitu kagum dengan kemudahan yang ditawarkan di kelab masyarakat itu dan gembira bahawa bilik-biliknya "mudah dicari".

Bekas joki karaoke Puan Tan Buey Kee, 78 tahun, teruja tentang alat-alat karaoke yang tersedia. "Alat karaoke kini berteknologi tinggi, dan ia memudahkan pemilihan lagu. Kelab masyarakat ini boleh menambah dan mengeratkan hubungan antara penduduk!"

Anggota Parlimen dan perwakilan kumpulan di Nee Soon Menteri K Shanmugam dan Profesor Madya Muhammad Faishal Ibrahim telah merasmikan pembukaan kelab masyarakat tersebut.

நீ தூன் சென்ட்ரல் சமூக மன்றம் அதன் பற்பல சமூக, வாழ்க்கைமுறைக்கான வசதிகளைக் குடியிருப்பாளர்களுக்கு அறிமுகப்படுத்த நவம்பர் முதல் தேதியன்று பொது வரவேற்பு நிகழ்ச்சியை நடத்தியது.

யீஷூன் ஸ்திரீட் 71ல் இருந்து நார்த்பாயின்ட் சிட்டியின் தென் வளாகத்திற்கு இடம்பெயர்ந்த இரண்டு மாடிச் சமூக மன்றத்தின் திறப்பு விழாவாகவும் இந்நிகழ்ச்சி அமைந்தது. புதிய சமூக மன்றத்தின் முதல் மாடியில் வரவேற்புப் பகுதியும் செய்தித்தாள் வாசிக்கும் முனையமும் உள்ளன. இரண்டாவது மாடியில் குழந்தைப் பராமரிப்பு நிலையம், சமையற்கலை மற்றும் நடனக்கலை வாழ்க்கைமுறை கூடங்கள், கராவோக்கே அறை, ஐந்து நடவடிக்கை அறைகள், இரண்டு ஆய்வரங்க அறைகள், இரண்டு சிறப்புநிகழ்ச்சி அறைகள், இரண்டு இசை அறைகள் அமைந்துள்ளன.

சமையற்கலை, நடனக்கலை, முதலுதவி, விளையாட்டுகள், இசை, கலைத்துறை போன்ற பற்பல துறைகளைச் சார்ந்த பயிற்சிவகுப்பு நடத்துநர்கள், சமூக மன்றத்தில் நடத்தப்படக்கூடிய வகுப்புகளைப்பற்றி நிகழ்ச்சியில் செயல்விளக்கம் அளித்தனர்.

சமூக மன்றத்தின் பலதரப்பட்ட வசதிகளால் கவரப்பட்ட 42 வயது திரு உதயன் செல்வம், அறைகளைக் "கண்டுபிடிப்பது எளிதாக இருப்பதில்" மகிழ்ச்சி அடைந்தார்.

முன்பு கராவோக்கே தொகுப்பாளராகச் சேவையாற்றிய 78 வயது திருவாட்டி டான் புவே கீ, கராவோக்கே வசதிகளைக் கண்டு பெரும் உற்சாகமடைந்தார். "கராவோக்கே சாதனம் இப்போது கணினிமயமாக இருப்பதால், பாடல்களைத் தேர்ந்தெடுப்பது எங்களுக்கு எளிதாக இருக்கிறது. இந்தச் சமூக மன்றம் அண்டைவீட்டாரோடும் குடியிருப்போரோடும் இணைவதற்கு உண்மையிலேயே உதவுகிறது!" என்றார் அவர்.

நீ தூன் குழுத்தொகுதி நாடாளுமன்ற உறுப்பினர்களான அமைச்சர் கா சண்முகமும் இணைப் பேராசிரியர் முகம்மது ஃபைஷால் இப்ராஹிமும் திறப்பு விழாவில் சிறப்பு வருகையாளர்களாகக் கலந்துகொண்டனர்.





# FIRST TOWN IN SINGAPORE TO BUILD DEMENTIA-FRIENDLY INFRASTRUCTURE

The familiar may appear strange to those with dementia. This problem motivated the dementia-friendly infrastructure upgrades announced by Nee Soon GRC MP Er. Dr. Lee Bee Wah at Khatib Plaza on 13 October.

Scheduled to start by February 2020, the enhancement works by Nee Soon Town Council will be concentrated in high human traffic areas around Khatib Central and Chong Pang City. Zoning the areas using contrasting primary colours, and symbols like pineapples, tropical fish and rubber, would hopefully jog dementia patients' memory and trigger a sense of familiarity. There will also be clearer directional signages which use clearer fonts and universal logos.

"We want to make Nee Soon a community where persons with dementia can still go downstairs for coffee, talk with friends, and join community activities. All these will slow the progress of their dementia," said Ms Lee.

"Dementia patients have cognitive as well as physical deficits that come with ageing. Their wayfinding abilities may be compromised. These infrastructure help to address and compensate for these deficits," explained Dr Philip Yap, a senior consultant in the department of geriatric medicine at Khoo Teck Puat Hospital (KTPH).

He is part of the team of experts who proposed the dementia-friendly solutions. More resting places, such as benches with arm rests, and cleared and levelled pathways, will be built to cater to the needs of frail residents.

Mr Ho Shien Joo, 66, a resident with dementia, is looking forward to these infrastructure enhancements. "These upgrades will empower me to navigate around without fear of getting lost. I can still continue with my usual routines confidently."



Information panels detail the scope of the upgrading works intended to benefit dementia patients

信息面板详细说明全面的提升设施，帮助失智患者认路与地标



Er. Dr. Lee Bee Wah announcing that infrastructure upgrades in Khatib Central and Chong Pang City will help those with dementia



## 新加坡首个建设失智友善设施的市镇

对失智症患者来说，以往熟悉的事物可能变得陌生。这个现象启发义顺集选区议员李美花博士计划一系列失智友善设施，并在10月13日宣布。

由义顺市镇理事会负责的翻新计划将在2020年2月开始，聚焦在人流较多的卡迪广场和忠邦区。采用不同原色划分各区与鲜明的图案如黄梨、热带鱼和橡胶树，更可以激发失智症患者的记忆，引发熟悉感。告示牌也会采用更清晰的字体和普遍应用的标志，加强辨识度。

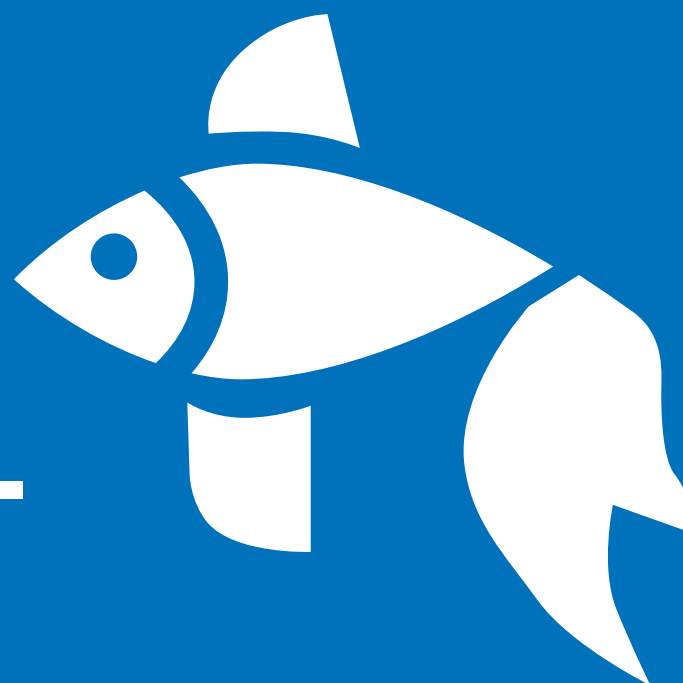
李博士说：“我们要把义顺打造成一个失智友善的社区，失智患者仍可到楼下喝咖啡、与朋友聊天及参加社区活动。这些日常作息可延缓失智症的侵袭。”

邱德拔医院老年科高级顾问叶仁杰医生解释：“失智患者会随着年龄逐渐丧失认知功能，身体功能也会退化。他们的寻路能力也许会大打折扣。这些设施能帮他们应付生活上的不便。”

叶仁杰医生是提呈失智友善方案的专家之一。计划还包括更多歇息处如装有扶手的长凳和较平坦的道路，让体力较弱的居民行走。

一名失智居民，何宽裕先生（66岁）非常期待这些将落实的设施。他说：“这些提升计划让我不再害怕迷路。我依然可以很有自信地继续过着我的日常生活。”

李美花博士宣布位于卡迪广场和忠邦社区的提升设施将帮助失智患者



Coffee Shop



Supermarket



# MALL REOPENING MARKS THE START OF MAYFLOWER'S BLOOM

## 美华广场重新开幕，拉开美华社区绽放的序幕

The Mayflower area will undergo extensive improvements to revitalise the neighbourhood, announced Kebun Baru MP Mr Henry Kwek on 13 September 2019. Mr Kwek shared details of these extensive plans after officiating the reopening of Mayflower Mall. The mall's reopening marks the completion of the first phase of such plans.

Commercial and recreational activities and spaces are expected to be rejuvenated through a slew of initiatives that include extended hawker centre opening hours, re-energising of the merchants' association, and increase in the number of activities held in the area.

Mr Kwek said he will explore channelling visitors from the Kebun Baru Birdsinging Club to the rest of the Mayflower area. He wishes to see the Birdsinging Club and the future Mayflower MRT bringing visitors from all over Singapore.

The redesign was spearheaded by urban designers Ms Cheng Ming and Mr Lai Pak Hung, and artist Mr Henri Chen Kezhan in a pro bono capacity. Ms Cheng, Mr Lai and Mr Chen were previously involved in designing the global icon Shanghai Xintiandi.

The redesigned and renovated mall drew compliments from residents. "This place is now brighter with more lights. It's definitely more spacious with more benches and trees," said Ms Amy Chin, 37. The renovation works, which include new seating areas, addition of trees, more lightings, and new floor finishes, were carried out by the Town Council.



Mr Henry Kwek (left) officiated the Mayflower Mall reopening and announced plans to further rejuvenate the area  
郭献川先生(左)主持美华广场的开幕典礼并宣布许多为社区进一步注入活力的计划

哥本峇鲁议员郭献川先生在2019年9月13日宣布，美华社区将展开全面的翻新计划，为社区注入新的活力。郭先生是在主持美华广场开幕典礼后分享这些计划的细节。广场的重新开放标志第一阶段已经完成。

一系列的措施如延长熟食中心的营业时间、重新注入生命力的商会，及举办更多活动，将使商业与休闲活动和场所焕然一新，为居民带来崭新的体验。

郭先生表示，他会探讨引导来哥本峇鲁鸟儿俱乐部观赏鸟儿唱歌的访客到美华社区其他地方。他希望看到鸟儿俱乐部和未来的美华地铁站吸引遍布全岛的访客。

以公益慈善的名义重新塑造美华社区的是城市设计师郑民女士和黎北熊先生，及艺术家陈克湛先生。他们之前曾参与设计闻名全球的都市旅游景点上海新天地。

重新设计和翻新的广场深获好评。钱女士（37岁）说：“这个地方自从装上更多灯泡后，就更亮了。除了变得更宽敞，这里也有更多的长凳和树木。”在这项翻新计划中，市镇理事会增添许多座位、树木、灯饰和新的地板饰面。

# THOMSON NATURE PARK: HONOURING THE PAST AND PROTECTING THE FUTURE

Of the seven nature parks in Singapore, Thomson Nature Park has got arguably the most interesting character and history.

The park houses the ruins of the former Hainan Village, which is the birthplace of iconic local eatery Han's as well as many a Singaporean's favourite dish: Hainanese chicken rice.

These interesting nuggets of information were revealed at the park's opening ceremony on 11 October 2019. The event was officiated by Minister for Social and Family Development Mr Desmond Lee and Kebun Baru MP Mr Henry Kwek.

The park's 3.8km walking trail showcases towering fruit trees, architectural remains, and information panels that share stories of village life in the 1960s.

Keen-eyed observers may also spot rare animals like the Raffles' Banded Langur. Singapore's first

Roadway Animal Detection System (RADS) is being trialled here for one year to help such animals move to and from the park and the Central Catchment Nature Reserve.

"[RADS] uses artificial intelligence and machine learning to warn drivers of crossing animals, so drivers can slow down and avoid hitting them. It works in conjunction with other measures such as rope bridges and underground crossings to help animals cross the road," explained Mr Kwek. Such measures allow visitors to "interact with nature in a sensitive way that minimises our impact on it", he added.

Mr Kwek also said that Kebun Baru is helping to build a "Friends of the Park" community, and hopes to see residents volunteer for the programme.



An Nparks guide explaining the mechanics of RADS to Mr Henry Kwek (right)



Mr Desmond Lee (left) sharing that Thomson Nature Park is founded on the grounds of the former Hainan Village



# CANBERRA MRT STATION 坎贝拉地铁站

## SPELLS CONVENIENCE FOR CHONG PANG RESIDENTS 为忠邦居民带来便利

PENDUDUK CHONG PANG MENIKMATI FAEDAH DITAWARKAN OLEH STESEN MRT CANBERRA

சொங் பாங் குடியிருப்பாளர்களுக்கு வசதியளிக்கும் கேன்பரா பெருவிரைவு ரயில் நிலையம்



Transport Minister Mr Khaw Boon Wan (centre) officiated the opening ceremony on 1 November

In a fast-paced society like ours, shortening commutes by 10 to 15 minutes often translates to significant benefits. Since Canberra MRT station commenced operations on 2 November 2019, residents in the northern part of Chong Pang have already begun to reap the benefits of having an MRT station close to home.

Mr Jegathesan, 51, was thankful that his commute to and from work has shortened. "Though I drive to work to my workplace in Jurong Island, there are days when my wife has to use my car. Now, I just have to walk from home and board the train. It is convenient and saves commuting time," he said, beaming.

At the opening ceremony on 1 November, Transport Minister Mr Khaw Boon Wan shared that more than 17,000 households in Singapore are within a 10-minute walk to the station. This now includes the residents living along Yishun Avenue 2 and Yishun Avenue 7.

"This is the first elevated station where residents connect directly to the ticketing platform via an overhead bridge. The latter is lined with shops and connected to Canberra Plaza at the other end," Mr Khaw said.

"It has many green features, including energy efficient air conditioning and lighting systems. They help reduce the cost of station operations, and keep train fares affordable," he added.

我们社会生活节奏快速，缩短10到15分钟的通勤时间，所带来益处往往十分显著。自从坎贝拉地铁站在2019年11月2日投入运作后，住在忠邦区北部的居民已感受到住家附近有地铁站的便利。

Jegathesan 先生（51岁）为自己上下班的通勤时间缩短而感到开心。他笑着说：“虽然我平日会开车到裕廊岛上的班，但有时候妻子也需要用车。现在我能从住家直接走去搭乘地铁，非常方便又省时。”

在1月1日的地铁站开幕典礼上，交通部长许文远透露，超过1万7000户家庭只需步行10分钟就能抵达新地铁站。这包括居住在义顺2道和7道的居民。

许文远说：“这是第一个让居民可以直接通过天桥走到售票月台的高架地铁站。天桥上设有许多店面，也连接对面的坎贝拉广场。”

他也说明：“地铁站有许多环保设施，如节省能源的冷气和照明系统。这些设施减少地铁站的运作成本，有助让地铁车资维持在大众负担得起的水平。”



Illustrated artworks from local artist Tan Zi Xi are featured on the station's glass panels

Kehidupan bergerak pantas kami bakal bermanfaat apabila jangka masa perjalanan harian dapat dikurangkan. Sejak stesen MRT Canberra mula beroperasi pada 2 November 2019, penduduk yang mendiami Chong Pang utara sudah mula menikmati faedah yang berasal dari penempatan stesen MRT berdekatan rumah.

Encik Jegathesan, 51 tahun, bersyukur bahawa perjalanannya ke tempat kerja kini dikurangkan. "Walaupun saya biasa memandu kepada tempat kerja saya di Jurong Island, ada masanya isteri saya harus gunakan kereta. Kini, saya hanya perlu berjalan kaki dari rumah ke stesen MRT. Ia sangat mudah dan menjimatkan masa," beliau seru.

Pada majlis perasmian di 1 November, Menteri Pengangkutan Encik Khaw Boon Wan berkata bahawa sekurang-kurangnya 17,000 isi rumah di Singapura terletak dalam jarak 10 minit berjalan kaki ke stesen itu. Ini termasuk penduduk-penduduk yang tinggal di sepanjang Yishun Avenue 2 dan Yishun Avenue 7.

"Ini adalah stesen terletak tinggi pertama yang membolehkan penduduk sambung terus ke platform menjual tiket melalui jejantas. Jejantas dipenuhi dengan kedai-kedai dan berhubung dengan Canberra Plaza di perhujungan yang lain," Encik Khaw berkata.

"Ia mempunyai ciri-ciri mesra alam, termasuk penghawa dingin dan sistem cahaya jimat tenaga. Mereka bantu mengurangkan kos operasi stesen dan mengekalkan harga tambang yang dimampui," kata beliau.

வேகமாக இயங்கும் நமது சமுதாயத்திற்குப் பயண நேரம் 10 முதல் 15 நிமிடங்கள் குறைந்தாலே பெரும் நன்மைகள் கிடைக்கும். கேன்பரா பெருவிரைவு ரயில் நிலையம் 2 நவம்பர் 2019 அன்று திறக்கப்பட்டதிலிருந்து, சொங் பாங்கின் வடக்குப் பகுதியில் வசிப்போர் வீட்டுக்கு அருகில் அமைந்திருக்கும் ரயில் நிலையத்தால் ஏற்கனவே நன்மையடைந்த தொடங்கிவிட்டனர்.

வேலைக்குச் சென்றுவரும் நேரம் குறைந்துவிட்டதில் மகிழ்ச்சி அடைகிறார் 51 வயது திரு ஜெகதீசன். "ஜுரோங் தீவிலுள்ள என் வேலையிடத்திற்கு நான் கார் ஓட்டிச் சென்றாலும், சில சமயங்களில் என் மனைவிக்கு கார் தேவைப்படுவதுண்டு. அத்தகைய நாட்களில், நான் இப்போது வீட்டிலிருந்து நடந்து சென்று ரயிலில் ஏறிச் செல்கிறேன். இது மிகவும் வசதியாக இருப்பதோடு, பயண நேரமும் குறைகிறது," என்றார் அவர்.

நவம்பர் முதல் தேதி நடந்த திறப்பு விழாவில் கலந்துகொண்ட போக்குவரத்து அமைச்சர் கோ பூன் வான், சிங்கப்பூரில் 17,000க்கும் மேலான குடும்பங்கள் பத்து நிமிடங்களுக்குள் ரயில் நிலையத்திற்கு நடந்துசெல்லும் தூரத்தில் தாங்கள் இருப்பதாகத் தெரிவித்தனர். யீஷன் அவென்யூ 2, யீஷன் அவென்யூ 7 ஆகியவற்றில் வசிப்போரும் இப்போது இதில் உள்ளடங்குகின்றனர்.

"குடியிருப்பாளர்களை நுழைவுச் சீட்டு வாங்க வேண்டிய உள்செல்லும் மாடியுடன் நேரடியாக இணைக்கும் மேம்பாலம் கொண்ட முதல் மேல்மட்ட நிலையம் இது. கடைகள் கொண்ட மேம்பாலத்தின் மறுமுனை கேன்பரா பிளாசாவுடன் இணைக்கப்பட்டுள்ளது," என்றார் திரு கோ.

"மின்சக்தியைச் சிக்கனமாகப் பயன்படுத்தும் குளிர்சாதனம், விளக்குகள் உள்ளிட்ட பற்பல சுற்றுப்புறம் காக்கும் அம்சங்கள் இங்கு உள்ளன. நிலையத்தை நடத்தும் செலவைக் குறைக்கவும், ரயில் கட்டணத்தைக் கட்டுப்படியாகும் அளவில் வைத்திருக்கவும் இவை உதவுகின்றன," என்றும் அவர் கூறினார்.



# EQUINE ACTIVITIES HELP PEOPLE WITH SPECIAL NEEDS



Mr Louis Ng (in red) observing Madam Koh Ming Hui (right) feed a horse with her daughter Janice

In Nee Soon East, rescued horses pay it forward by helping people with special needs come out of their shell. Wednesdays With Horses, the first equine-assisted learning programme conducted within a Housing Board estate, was started by Nee Soon MP Mr Louis Ng and supported by local animal therapy charity EQUAL, SG Enable and Yishun Health. All sessions are conducted at the sheltered basketball court next to Block 311 Yishun Ring Road.

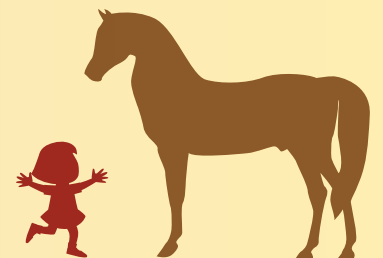
“The horses are a bridge between the seniors who volunteer to look after the horses, and the children with special needs, who are the beneficiaries,” explained Mr Ng, who officiated the programme launch on 1 November 2019. Equine learning has proven beneficial in other countries, he added.



Four-year-old Janice Png is all smiles while petting a horse at the Wednesdays With Horses programme launch

Autism spectrum disorder often makes it hard for four-year-old Janice to deal with social interactions. However, she bravely manoeuvred various tools in order to brush and groom a horse at the launch event. Her father Mr Png Huat Ching, 36, said: “I am hopeful she will become more receptive and open up over time – not only to people but to animals as well.”

“Horses have a magnetic quality that attracts people naturally. Through working with horses, people will develop social and emotional skills as well as empathy, self-awareness and self-esteem,” said Mr Ng Tze Yong, Chief Executive of EQUAL.



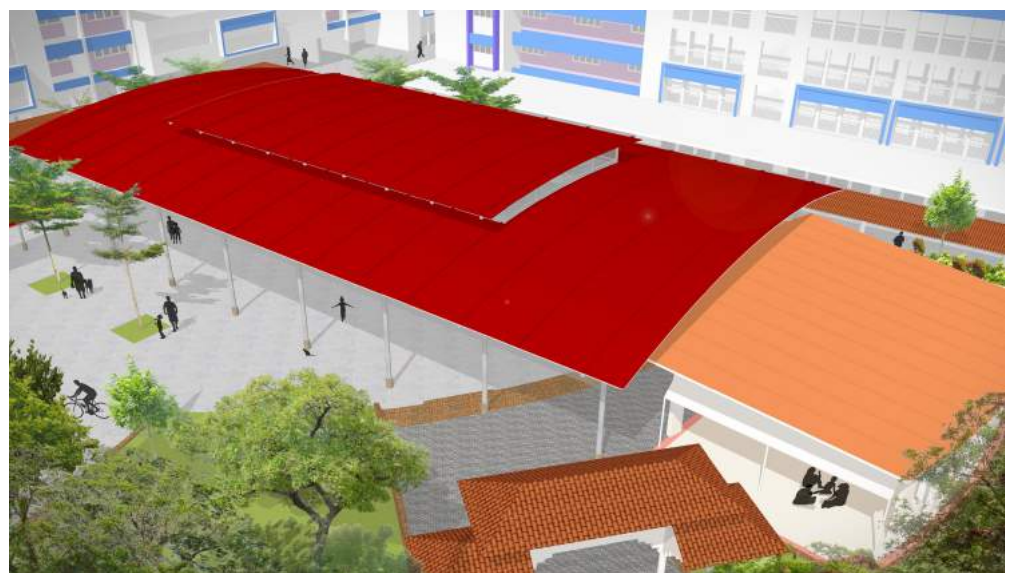
A recreational hub built specially for elderly residents will be ready at the end of this year. Located beside Block 293 Yishun Street 22, the centre will be equipped with amenities and facilities that support recreational and bonding activities among seniors.

Nee Soon GRC MP Mr Louis Ng said: “The centre occupies 1,306sqm, and will house comprehensive elderly-friendly facilities. It can be used for hosting getais, air movies, courses, medical checks, flea markets and other social activities.”

Prior to the building of this hub, elderly residents already enjoy a wide range of healthcare and recreational facilities through Nee Soon town’s various senior activity centres, wellness kampungs, and medical facilities. The consolidation of recreational, health, and entertainment services at a singular elderly hub offers convenience and a chance to widen elderly residents’ social and support networks.

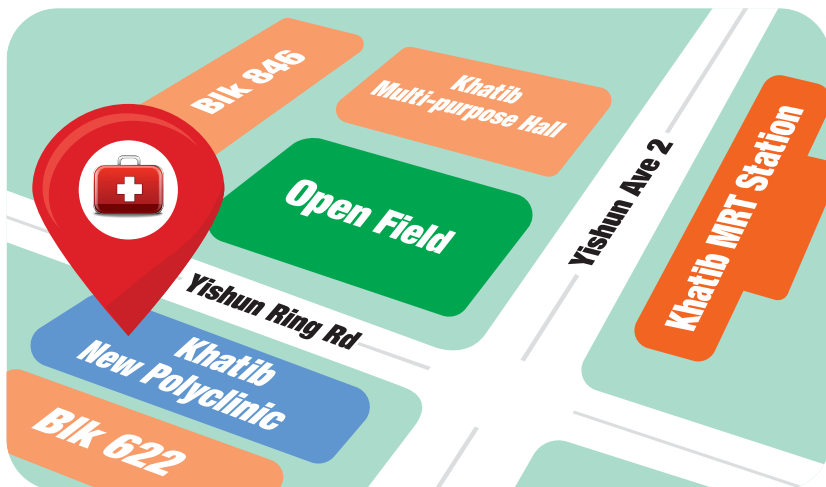
The hub will directly serve the over 3,000 Pioneer Generation and 8,000 Merdeka Generation residents residing in Nee Soon East. The centre will also be opened to other age groups so that seniors’ families can join in the activities as well.

## RECREATIONAL HUB FOR ELDERLY IN NEE SOON EAST READY IN DECEMBER





# KHATIB TO GET **NEW** POLYCLINIC BY 2023



Worried about long waiting and travelling times for your polyclinic appointment? It is hoped that a new polyclinic in Khatib, scheduled to begin operations in 2023, will be a solution to your worries.

The polyclinic will be situated diagonally opposite Khatib MRT station, beside Yishun Avenue 2 and Yishun Ring Road. This means residents living along Yishun Avenues 1 to 4 have a convenient healthcare facility almost at their doorstep. With the new polyclinic being nearer to home, these residents can potentially cut down on travelling time and cost. Waiting times at both the new polyclinic and the existing Yishun Polyclinic are also expected to reduce as they share the patient load.

As reported by Mediacorp's Channel 8 News, the Ministry of Health said that the services to be provided in the new polyclinic will include an Accident & Emergency department, chronic care, acute primary care, woman and child healthcare services, radiological diagnostics facilities, a clinical laboratory, and a pharmacy. These complement the range of services being offered at Yishun Polyclinic.



Nee Soon South and Tzu Chi Foundation volunteers flanking Er. Dr. Lee Bee Wah (fourth from left) and Minister K Shanmugam (fifth from left) at the unveiling of the clinic's signboard  
义顺南和慈济基金会志工们围在李美花博士（左边第4位）和尚穆根部长（左边第5位），见证义诊中心标志揭幕

## FREE TCM CLINIC NOW OPEN IN NEE SOON SOUTH

International non-governmental organisation (NGO) Tzu Chi Foundation has opened a free clinic. Located at Block 812 Yishun Ring Road, the clinic offers traditional Chinese medicine (TCM) clinical services, dietary therapy and health education services for free. It also houses a retail space where healthy and organic foods are sold at competitive prices.

Nee Soon GRC MPs Minister K Shanmugam and Er. Dr. Lee Bee Wah officiated the clinic's opening ceremony on 29 September 2019.

Ms Lee said: "Aside from treating the physical illnesses of our residents, the care team has also given them the needed emotional support in serving them love and compassion."

Easy access to TCM services in the neighbourhood will benefit residents like Madam Chin Mi Li, 72, who has lived in Nee Soon for more than 20 years. "I used to take a bus to consult a TCM doctor in Toa Payoh. Now I just need to walk from home to reach here. Therefore, my children feel less worried when I go to the clinic alone," she said.

Residents of all ages, backgrounds, and incomes are welcomed at the clinic. It is open from 9am to 5pm, with a break from 12 noon to 1.30pm, every Monday to Friday.

## 新的中医义诊中心在义顺南投入运作

享誉国际的非政府组织慈济基金会开设了新的义诊中心。坐落在义顺环路大牌812的佛教慈济中医义诊中心提供免费的中医疗、饮食疗法、健康教育等服务。它同时也有零售空间，以大众化的价格售卖健康和有机食品。

义顺集选区议员尚穆根部长与李美花博士在2019年9月29日主持义诊中心的开幕仪式。

李博士说：“除了治疗居民的病，义诊团队也秉着慈悲为怀的精神，提供情绪上的支持。”

近在咫尺的义诊服务让居民如陈玛莉女士（72岁）获益不浅。她已经在义顺居住超过20年。她说：“我以前会搭车去大巴窑的中医诊所看病，如今只须步行，孩子也更放心让我一个人出门看医生。”

居民无论年龄、背景和收入都一律欢迎来义诊中心看病。义诊中心逢周一至周五早上9时开放至傍晚5时，中午12时至1时30分是休息时间。



# CROWNING THE TOP DOGS AT



Er. Dr. Lee Bee Wah presents the award for 1<sup>st</sup> place in the dog obedience category

Nee Soon GRC Pets Fiesta held at MPC@Khatib on 28 September 2019 was a joyous occasion for both pets and their owners. Besides bonding with fellow animal lovers, pet owners also learnt more about their pets through educational talks and workshops. Over 5,000 residents visited more than 100 stalls featuring pet services, accessories, and food supplies. Gung-ho pet owners who wanted to showcase their furkids' talents signed their pets up for various competitions as well. Nee Soon GRC MPs Minister K Shanmugam, Assoc Prof Muhammad Faishal Ibrahim, Er. Dr. Lee Bee Wah and Mr Henry Kwek graced the event.

Unique pet treatments were among the services offered at Pets Fiesta. Ms Amelia Kang, an energy medicine practitioner, shared that a pet's well-being was dependent on the environment, nutrition, mental, emotional and physical state of the pet.

Ms Tricia Tee, a wellness practitioner, explained that she uses Seifu therapy to help pets relieve pain. "Seifu therapy generates self-healing and improves the immune system of both pets and human beings as well," she said.

The main highlight of Pets Fiesta was undoubtedly the various competitions testing pets on abilities such as obedience and focus. Ms Ng Shiqi, 23, tasted sweet victory with her Blue Merle Shetland sheepdog Zephyr, who took the top dog title in the dog obedience competition. Shiqi shared that she adopted Zephyr from a dog daycare centre two years ago. "Even today, I am still learning new things. I play with Zephyr, and bring him out for walks three times a day."

The Tempt Tempt Tempt competition saw dogs racing to meet their owners at a finishing line while avoiding tempting distractions laid on their path. Casey, a 6-year-old Shih Tzu-Chihuahua mix, was crowned champion. Her owner, Ms Sabrina Wong, 23, hinted that the secrets behind Casey's win were healthy, home-cooked food, and lots of bonding time. "She does not eat outside food. I once baked a cupcake for her, and she just finished it in one gulp!"

As the night drew to an end, 95 pet owners fitted their pets with lights and formed a heart-shaped motif, entering the Singapore Book of Records for "The Biggest Heartland Pets Light-Up".

Singapore Book of Records for "The Biggest Heartland Pets Light-Up".





# NEE SOON PETS FIESTA





# TO WHAT LENGTHS MUST WE GO TO STOP HIGH-RISE LITTERING?

**N**ee Soon has been in the news several times in recent months due to some residents' unsavoury habit – high-rise littering. Used tissues, cooked rice, water bottles, and used sanitary pads have been found to litter the grounds of several blocks at Khatib Central. In February 2019, a block in Yishun Street 71 was found to have a serious high-rise littering problem. The same block was identified as having this problem from as far back as 2012.

## Why do People Litter?

If you had thought “just a piece of tissue won't hurt anyone”, here's a surprise: that's probably the same mindset that the litterbugs have.

Sociologists have attributed high-rise littering to factors such as mental health issues or a lack of civic consciousness. Mr Tofayel Jainal, 31, is a cleaner for Nee Soon South who believes that because litterbugs do not pick up after themselves, they fail to appreciate the dangers and difficulties cleaners face when clearing unsanitary rubbish. He has seen litter being thrown out from windows and at void decks.

“If they [residents] see I'm working very hard and their heart is touched, yes, [maybe then] these people come to help us and then they stop littering,” Tofayel said. “If not, then no choice.”

A cleaning manager added that paying conservancy fees has led some residents to feel entitled to litter as they are already paying “cleaning fees”.

MP Er. Dr. Lee Bee Wah summarised the root problem succinctly in a Facebook post this September. “What happened to a considerate society?”

## Don't the Anti-littering Initiatives Work?

A slew of initiatives has been rolled out over the years to eradicate the problem. The Town Council steps up cleaning and distributes advisories at affected blocks. The Town Council also encourages residents not to litter through litter-picking activities, social media, posters and other channels.

The main agency that investigates high rise littering cases is the National Environment Agency (NEA). In September's Parliament sitting, Nee Soon MPs Er. Dr. Lee Bee Wah and Mr Louis Ng raised the issue and gave suggestions on how the NEA can improve their investigation processes. They suggested smaller enforcement cameras, to leave enforcement cameras on-site for a longer duration and to get more staff involved in the investigation process.

It was reported in local media that the NEA said it deployed cameras at 1,000 sites and took more than 1,200 enforcement actions in 2018 alone. It also deploys staff to the ground to investigate. However, staff face issues such as the speed of littering, the darkness under which littering often happens, and the lack of information about the litterbugs.

Khatib resident Ms Esther Teo, 27, got wind of the spate of high-rise littering cases via social media. “Dr Lee is very vocal about her opinions, which is good. It's great that she is bringing up issues that the residents are facing,” Esther said of Ms Lee's persistence in solving the problem.



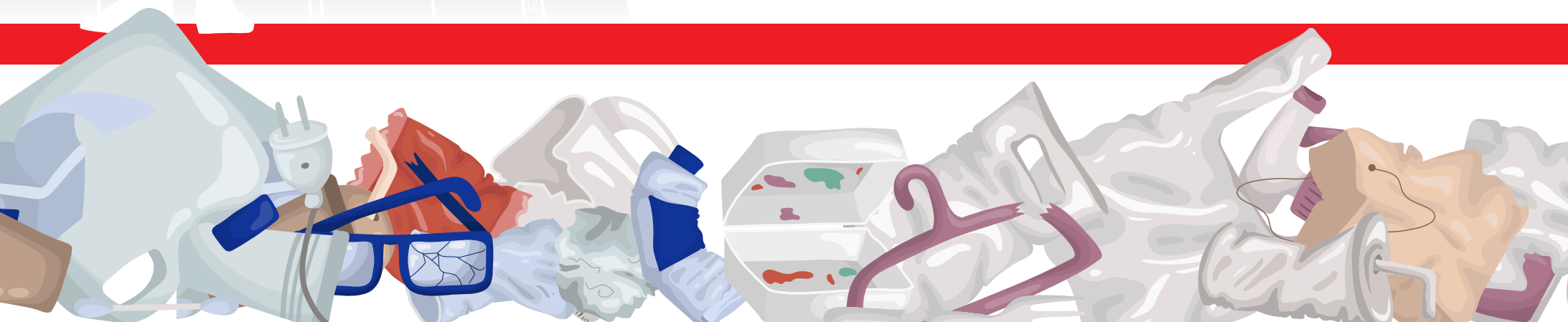




*Mr Tofayel Jainal is optimistic that high-rise litterbugs can change their ways - if they empathise with cleaners like him.*

## How to play your part in ending the high-rise littering problem

- Exercise social graciousness and bin your litter responsibly.
- Join the NEA's Community Volunteer programme, where you will be trained to engage environmental offenders to be socially gracious and to take greater ownership of the environment. You can find out more at <https://www.nea.gov.sg/programmes-grants/volunteering/community-volunteer-programme> or at Nee Soon South Community Club.
- If you see someone littering from their flat, remind him or her and let his or her family know if possible. You could also submit information or evidence such as photos or video footages and inform NEA through myENV or OneService mobile applications.
- Attend litter-picking events and encourage your friends to join in. The next town-wide one is on April 26 next year. This could inspire others to participate and pick up civic-minded values.







(From left) Mr Roy Chew, Mr Keith Chua and Mr Kenneth Ong

# “I DID NOT LET MY ILLNESS STOP ME FROM PURSUING A JOB”

Despite being diagnosed with Ankylosing Spondylitis, Mr Keith Chua managed to bounce back into the game.

For over 10 years, Mr Keith Chua worked as a team lead in an IT firm based in China. There, his daily task involved overseeing the IT operations in a factory.

However, as he suffers from Ankylosing Spondylitis, which causes inflammation of the spinal joints, his declining health soon brought him back to Singapore. It was tough to hold a full-time job because the Nee Soon resident often experiences mobility issues and is left feeling fatigued.

So upon his return, he freelanced for five years, obtaining jobs through his network of contacts. It was also through these connections that he was introduced to Mr Kenneth Ong, co-founder of Bitopia Technology.

## How Career Trial Helped Land Him the Job

In the beginning, both men were hesitant about making the commitment.

“For a technical lead in an SME, we had to be extra careful to ensure our initial assessment of the candidate is accurate,” Mr Ong says, adding that it’s because they didn’t have the hiring luxuries of MNCs.

On Mr Chua’s end, he too had his reservations. The distance from MacPherson MRT to the office building was a big concern for him.

Thankfully, Mr Ong soon chanced upon Workforce Singapore’s Career Trial programme, a pre-employment initiative that allowed employers to assess a candidate’s fit over a short-term period. “When we discovered Career Trial, we thought it was ideal because Keith could try the daily commute and see if it was manageable,” Mr Ong shares. “We also could see if he would fit into the work environment.”

## Transitioning Back into Full-time Work

Knowing that Mr Chua had mobility issues, Mr Ong ensured that special arrangements are made to help the new hire adapt to his surroundings. “At first, he worked two days from home and three days in office,” he reveals. “We played with various combinations such as Monday, Tuesday, Wednesday in office and Thursday, Friday at home.”

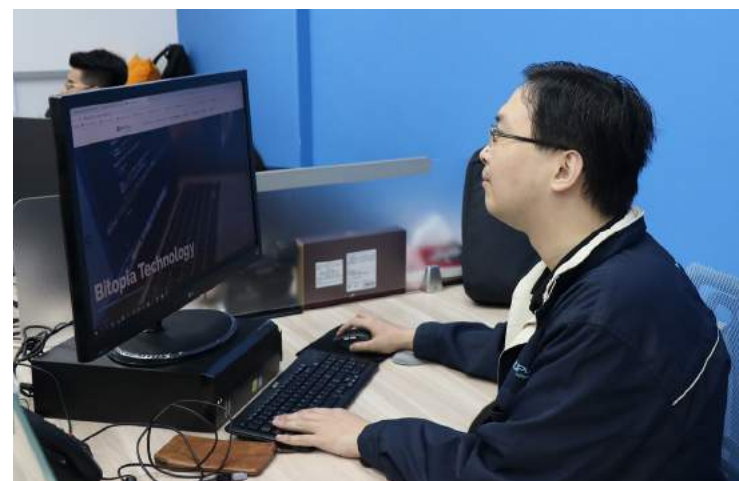
Over the trial period, the two finally settled on a schedule that is workable. Now, he works in office on Mondays, Tuesdays and Fridays and tele-commutes on Wednesdays and Thursdays. This arrangement ensure Mr Chua has sufficient face-time in the office while also having enough rest in between the work week.

## The Importance of Investing in Your Staff

Simultaneously, Mr Chua was coached personally by Mr Roy Chew, another co-founder, on the different technology platforms Bitopia uses to ensure a smoother onboarding process. This is because Bitopia strongly believes in the importance of investing in training and development of staff.

“If you’re prepared to spend time to teach your staff, they do get up to speed very fast. They’re also more imbued with the culture of the company,” says Mr Ong.

When asked if efforts have paid off, he agrees with a smile.



Mr Keith Chua at his work desk, Bitopia Technology

**Find out which companies are hiring under Career Trial today. Visit [bit.ly/NSTC-MCF](http://bit.ly/NSTC-MCF) for the latest opportunities.**





(Seated, from left) Mr Lawrence Leow, Mr Henry Kwek, Associate Professor Tan Khee Giap, and Mr Lennon Tan leading the discussion at the first Kebun Baru Business Forum on 25 October

# WORLD-CLASS BUSINESS INSIGHTS AT KEBUN BARU'S DOORSTEP



Keynote speaker Mr Inderjit Singh opens the forum by setting the context for current business disruptions

The debut of Kebun Baru's business and professional network at Kebun Baru Community Club on 25 October 2019 offered a cornucopia of world-class business insights.

Kebun Baru will partner the Asia Competitiveness Institute (ACI) at the Lee Kuan Yew School of Public Policy to organise a series of business forums in Kebun Baru, and a business and professional network for residents. The forums and network are free for Kebun Baru residents to join.

Themed "Venturing Abroad and Going Techie: Are You Ready?", the first forum featured as its keynote speaker Mr Inderjit Singh, serial entrepreneur and former Member of Parliament for Kebun Baru. Mr Singh gave an account of current business disruptions. "We are now experiencing an industrial revolution that is based on cyber-physical and biological systems. There is a merging of real production with the virtual world characterised by the Internet of Things, autonomous machines and blockchain technology," he asserted.

The forum's panelists Mr Lawrence Leow, Chairman and Chief Executive Officer of Crescendas Group, and Mr Lennon Tan, Group Chairman of ADERA Global, also shared their entrepreneurial journeys.

Speaking at the forum, MP for Kebun Baru Mr Henry Kwek cited Singapore's connectedness to the world's fastest growing economies, reputation as a trusted hub for intellectual property rights development and its ability to develop and attract deep tech know-how as key factors enabling business success.

"Many Kebun Baru residents are businesspeople and professionals. With the business networks of myself, ACI and my predecessor, Mr Inderjit Singh, we can provide world-class business insights. We are starting an online networking platform, and will evolve the network to the needs of our residents, so that they can identify opportunities for business and professional growth," Mr Kwek said.





## DOES A PLACE/ PERSON COME TO MIND WHEN YOU THINK ABOUT LIFE IN NEE SOON?

Take a photo of yourself with that place/person in Nee Soon showing us why it/they are your favourite!  
We want to feature your happy photos in our publications and/or social media channels.

My favourite place to study

My favourite class at the CC

My favourite playground

My favourite breakfast spot

My favourite neighbour

My favourite garden

Submission details:  
Send us your name, address, photos, and a short description of each photo to [feedback@nstc.org.sg](mailto:feedback@nstc.org.sg) with "My Favourite" as the subject line.

The Town Council will not accept offensive images. Each photo must be at least 4MB in size.

**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](mailto:k_shanmugam@mha.gov.sg)  
Facebook: K Shanmugam Sc  
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](mailto: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](mailto: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](mailto: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](mailto:mp4nss@gmail.com)  
Facebook: leebewahpage

**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)

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

**NEE SOON  
TOWN COUNCIL**

Tel: 6758 0129  
Email: [feedback@nstc.org.sg](mailto:feedback@nstc.org.sg)  
Facebook: Nee Soon Town Council  
SMS/MMS: 9110 9877



# WHEN COMPASSION SPARKS INNOVATION

In 2012, Ms Ip Kit Ling decided to volunteer with Nee Soon East Citizens Consultative Committee (CCC). The decision came after she asked herself a simple question – “Why not?”. It has been seven years, and Kit Ling has never stopped asking that question. Her innovation – driven by constantly asking “Why not?” – coupled with a strong desire to give back now characterises her work. Kit Ling’s great strides in introducing innovative wellness programmes benefiting elderly residents in Nee Soon East eventually nabbed her the coveted Public Service Medal (PBM) in 2019.

## Accommodating the Needs of Seniors

As a senior manager at the Patient Experience Office in Khoo Teck Puat Hospital, Kit Ling observes first-hand the difficulties elderly folk encounter while trying to lead a healthy and active lifestyle. She took these observations and turned them into implementable solutions through the Active Ageing Committee (AAC) for Nee Soon East, which she chairs.

“Most seniors tend to do only walking exercise, and probably would not do a full workout, or stand or dance for one hour,” she explained. An avid runner, Kit Ling learnt how to exercise well and properly through regular gym sessions and YouTube videos. She then adapts her exercise regimens into towel, chair and water bottle exercises that are easier for the elderly to pick up.

“As we age, strength training and flexibility exercises are essential to maintain overall physical fitness,” she said. “Towels and water bottles are items that everyone has at home. Towel exercise improves flexibility, while water bottles, when filled with water or sand, become weights. The chair exercise is suitable for those with knee problems,” she explained.

“I want to let seniors know they can do these exercises anytime, anywhere, and that anyone can do them,” she added. Making exercises easy and accessible helps banish the misconception that exercising must be complex to be effective.

## Bringing Wellness Programmes to the Heartlands

Kit Ling also works with various service providers to bring health screening to residents’ doorsteps. The screenings AAC regularly organises include fasting blood tests and functional screenings that help detect chronic diseases and identify vision, hearing and oral health declines in the elderly.

“We [AAC] also organise mammogram and colorectal screenings at Nee Soon East CC,” she added. Such wellness programmes take two to three months to plan, while larger-scale events require six months.

Regular block parties are also held to interact with seniors and encourage them to eat nutritious food. “When you live alone, you tend to eat very simple meals. This results in lower food variety,” she stated. AAC collaborates with RCs to organise meals for the seniors. “I believe the elderly are happier when there is social interaction amid enjoying nourishing meals,” Kit Ling said.

She usually meets her team of grassroots volunteers during weekday evenings to plan for the activities, which are held on weekends. Everything from publicity and resident engagement is teamwork and the RCs play an important role. “By organising these programmes nearer to [the homes of the elderly residents], we hope the take-up rate is higher,” she revealed.

## Engagement Efforts Go Upstream

Despite having some experience in community work, Kit Ling humbly confessed that she is still learning the ropes when it comes to carrying out the responsibilities of a town councillor. She was minted in October this year, and currently serves in the Maintenance and Customer Service Committee.

She noted that increasingly affluent, well-travelled residents have more exposure to various ways of life. Their expectations of town amenities and services are thus bound to be higher.

“We want to get residents’ feedback, be on the ground, anticipate their needs and go upstream to design the service. By listening to them, [and hearing] what

**Congratulations to the winners of the 2019 National Day Awards!**  
Thank you for your contributions to our community.

### THE PUBLIC SERVICE STAR (BAR)

**Mr Lim Chap Huat, BBM**  
Patron, Chong Pang CCC  
Nee Soon GRC

### THE PUBLIC SERVICE MEDAL [Pingat Bakti Masyarakat, PBM]

**Mdm Goh Poh Suan**  
Chairperson, Chong Pang CC WEC

**Mr Tang Wai Weng**  
Chairman, Thomson Hills NC

**Mr Wong Sung Lai**  
Auditor, Kebun Baru CCC

**Mr S Kishor**  
Chairman, Nee Soon Central CC IAEC

**Mr Toh Hong Chiaw**  
Auditor, Nee Soon Central CC SCEC

**Miss Ip Kit Ling**  
Secretary, Nee Soon East CCC

**Mr Henry Fung Kok Kiang**  
Immediate Past Chairman, Nee Soon South  
Springleaf NC

**Mr Soh Tze Chai**  
Patron, Nee Soon South CCC

### THE PUBLIC SERVICE MEDAL (POSTHUMOUS)

**Late Mr Hussin Bin Johari**  
Former Assistant Treasurer, Yishun Hearts RC

### THE LONG SERVICE MEDAL [Pingat Bakti Setia]

**Mr Mokhtar Bin Jaffar**  
Group Constituency Director  
(Nee Soon Group Representation Constituency)

they want to see in this town, we can make our environment more vibrant,” Kit Ling said.

Tapping on Residents Committee (RC) members’ expertise and knowledge would enable future initiatives to be more targeted as well.

## Grab Every Chance to Help

Through long hours and constant powwows with fellow volunteers, Kit Ling’s circle of friends has grown larger. “The greatest satisfaction is the friendships and relationships that we build. I benefit by being a happier person,” she said. She feels touched whenever residents approach her and give her a hug. It is their way of expressing their appreciation for her contributions. When asked about her deeply rooted sentiments on giving back, she advised grabbing every chance available to help those in need.

“Don’t miss the chance to help, you never know the story behind the person in front of you. You may regret not helping them later,” she quipped.





## 为老人设计运动

作为邱德拔医院就医体验部门的高级经理，洁玲在服务前线观察到，许多年长者想过得更健康活跃，却不知道从何做起。她通过义顺东活跃乐龄委员会，以简单实际的方式帮助他们。

她解释：“大多数年长者一般只是散步，不太可能锻炼全身或做跳跃型的运动。”热爱跑步的洁玲，从健身课程及YouTube视频学习到如何正确运动，并把这些动作编为融入浴巾、椅子及水壶的运动，让乐龄人士更容易上手。

她说：“随着年龄的增长，增强体力与伸展能力的运动有助于保持强健的体魄。利用每个人家中都有的道具就能运动，例如浴巾运动锻炼伸展能力，盛满沙或水的水壶则可用来举重。椅子运动则适合有膝盖问题的居民。”

她补充说：“我要让年长者知道，运动不需要复杂，任何人，任何时间，任何地点都能够锻炼身体。”

## 把体检带到组屋楼下

洁玲也与多个机构合作，让居民在居家附近就能做体检，测出慢性病及视觉、听觉或语言能力下降的征兆。

选择和居委会一起举办体检，把体检带来组屋楼下，洁玲的用意是让年长居民轻松做体检，因此让更多人获益。

# 创意服务居民

2012年，叶洁玲小姐决定在义顺东公民咨询委员会当义工。她简单问了自己一句“为什么不？”，就毅然投入义工行列。转眼间过了7年，洁玲还在问这个问题。她的创意活动点子都源于想服务居民的热忱，以及一句“为什么不？”她给义顺东乐龄居民办了不少创意健乐活动，也因此在今年荣获公共服务奖章。



洁玲（右3）与活跃乐龄委员会及举办2018年义顺东乐龄羽毛球比赛的社区体育俱乐部的会员合影

她说：“我们（活跃乐龄委员会）也在义顺东民众俱乐部举办乳房X光检查和结肠镜检查。这种健乐项目需要两三个月的筹划，更大型的活动需要筹划6个月。”

活跃乐龄委员会也常与居委会合作，为乐龄人士办聚餐。她表示：“独居老人通常吃得很简单，导致摄取的食物种类偏少。聚餐能让他们吃得更营养，也能与邻居拉近距离，心情也比较开朗。”

## 市镇会须与居民共创家园

洁玲刚在今年10月加入义顺市镇会的市镇维修与顾客服务委员会。她坦言，自己虽然有社区服务的经验，但还在摸索如何履行市镇会委员的责任。

她观察到现在的居民越来越富裕，经常出国，因此对市镇设施和服务有更高的要求。

洁玲建议，市镇会应该积极收集居民和基层领袖的建议，和他们共创市镇会的设施和服务。

## 助人机会 绝不错过

洁玲说，当义工让她的社交圈子扩大，也让她的人生更快乐。每当居民走过来拥抱她表达感激时，她总是非常感动。

记者问，她如何在社区服务的路上坚持下去？

她说：“如果你有机会帮助一个人，绝对不要错过，因为你不知道他经历过什么，你或许以后会后悔没有及时伸出援手。”