

Our Vision: Home With A Heart

Our Mission: Building a safe, inclusive, sustainable and vibrant Town



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A Closer Look at **盘点2021年财政预算案重点** **Budget 2021**

Meneliti Belanjawan 2021

வரவுசெலவுத் திட்டம் 2021 ஓர் அணுக்கமான பார்வை

See pg 2 and 3



Photo: IG @sunmycitykids

Our Guide to Fun

Discover activities for the whole family

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#FacesOfNeeSoon

Ms Lim Bee Bee leads newly-formed Women's Executive Committee in Nee Soon Link

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Unsung Heroes

Two cleaners share about life in Nee Soon

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Sustainability and the Environment

MP Louis Ng talks about taking proactive steps to safeguard our environment

Pg 15 - 16

On 16 February 2021, Deputy Prime Minister Heng Swee Keat revealed the \$11 billion Budget to tackle immediate issues in the wake of COVID-19 and prepare the nation for the future. Titled "Emerging Stronger Together", the Budget focuses on public health and safe reopening measures, support for jobs and businesses, and sectors that have been hard-hit by the pandemic. Here are some highlights you do not want to miss!

Pada 16 Februari 2021, Timbalan Perdana Menteri Heng Swee Keat membentangkan Belanjawan bernilai \$11 bilion untuk segera menangani isu-isu akibat COVID-19 dan mempersiapkan negara untuk masa hadapan. Bertajuk "Bangkit Lebih Kukuh Bersama", Belanjawan ini memfokuskan kepada kesihatan awam dan langkah-langkah pembukaan semula yang selamat, sokongan untuk pekerjaan dan perniagaan serta sektor-sektor yang terjejas teruk oleh pandemik. Berikut merupakan beberapa sorotan yang anda perlu tahu!

王瑞杰副总理于2021年2月16日宣布2021财年预算案。在该财年预算案中，政府将投入110亿新元应对新冠疫情的冲击及谋划我国未来的发展。取名“携手同心，越战越勇”的财政预算案将放眼聚焦维持公共健康与卫生水平、逐步安全重新开放经济措施、援助职业与企业以及遭受疫情严重波及的领域。您绝对不能错过这些预算案亮点！

துணைப் பிரதமர் ஹெங் சுவீ கியாட், கொவிட்-19 பிரச்சனைகளைக் கையாளவும், எதிர்காலத்திற்கு நாட்டைத் தயார்ப்படுத்தவும் \$11 பில்லியன் பெறுமானமுள்ள வரவுசெலவுத் திட்டத்தை 16 பிப்ரவரி 2021 அன்று அறிவித்தார். "ஒன்றிணைந்து, மேலும் வலிமையுடன் மீண்டெழுதல்" எனத் தலைப்பிடப்பட்ட வரவுசெலவுத் திட்டம், பொதுச் சுகாதார, பாதுகாப்பான மறுதிறப்பு நடவடிக்கைகளிலும், வேலைகள், தொழில் நிறுவனங்கள், கிரமிய்பரவலால் ஆக மோசமாகப் பாதிக்கப்பட்ட துறைகள் ஆகியவற்றுக்கு ஆதரவளிப்பதிலும் கவனம் செலுத்துகிறது. நீங்கள் தவிர்க்கக் கூடாத சில முக்கிய திட்டங்களை இங்கே காணலாம்:

WORKERS 员工 PARA PEKERJA தொழிலாளர்கள்



\$4.8 BILLION



Towards public health and safe reopening measures

投入480亿元维持公共卫生水平以及安全重新开放的经济措施

\$4.8 bilion demi kesihatan awam dan langkah-langkah pembukaan semula yang selamat

\$4.8 பில்லியன்: பொதுச் சுகாதார, பாதுகாப்பான மறுதிறப்பு நடவடிக்கைகளுக்கு

JOBS SUPPORT SCHEME (JSS)



\$700 million to extend JSS, targeted at hard-hit sectors, such as aviation, aerospace, tourism, retail, arts & culture, food services and the built environment

政府将投入7亿新元延长雇佣补贴计划，为严重受挫的领域如航空、宇航、旅游、零售、艺术与文化、餐饮及建筑环境业提供支援

\$700 juta untuk melanjutkan JSS yang disasarkan pada sektor-sektor yang terjejas teruk, seperti penerbangan, aeroangkasa, pelancongan, perniagaan runcit, seni & budaya, perkhidmatan makanan dan persekitaran binaan

விமானத்துறை, வான்வெளித்துறை, சுற்றுப்பயணத்துறை, சில்லறை விற்பனை, கலை, கலாசாரம், உணவுச் சேவைகள், ஏற்கனவே உருவாக்கப்பட்டச் சுற்றுச்சூழல் போன்ற அதிக பாதிப்புக்கு உள்ளான துறைகளுக்கு வேலை ஆதரவுத் திட்டத்தை நீட்டிக்க \$700 மில்லியன்

JOBS GROWTH INCENTIVE



To support the hiring of 200,000 locals with up to 50% wage support and training of 35,000 jobseekers till end-Sept 2021

至2021年9月底，政府的目标是支持和雇用20万名本地人并补贴他们百分之50的工资，再为3万5000名求职者提供培训机会

Menyokong pengambilan 200,000 pekerja yang terdiri daripada penduduk tempatan dengan sokongan gaji sehingga 50% dan melatih 35,000 pencari kerja hingga akhir September 2021

2021 செப்டம்பர் கடைசி வரை 50% வரையிலான சம்பள ஆதரவும், வேலை தேடும் 35,000 பேருக்குப் பயிற்சியும் அளித்து 200,000 உள்ளூர் மக்களின் ஆட்சேர்ப்புக்கு ஆதரவளிக்கும்

>\$200 MILLION



To support more companies in raising their retirement and re-employment ages

支持更多公司提高退休年龄和重新雇佣年龄

Menyokong lebih banyak syarikat untuk meningkatkan usia persaraan dan pengambilan semula pekerja

ஓய்வுக்கால வயதையும் மறுவேலை நியமன வயதையும் அதிகமான நிறுவனங்கள் உயர்த்துவதற்குக் கூடுதல் ஆதரவளிக்கும்

ENHANCED SALARIES



For nurses and healthcare workers

政府将调高护士和医护人员的工资待遇

Kenaikan gaji untuk para jururawat dan pekerja penjagaan kesihatan

மேம்படுத்தப்பட்ட சம்பளங்கள்: தாதிகளுக்கும் சுகாதாரப் பராமரிப்பு ஊழியர்களுக்கும்

15% ROAD TAX REBATE



For one year for all taxis and private hire cars using petrol

为汽油驱动的德士及私家车提供为期1年的提供百分之15的路税回扣

15% rebat cukai jalan raya selama setahun untuk semua teksi dan kereta sewa persendirian yang menggunakan petrol

15% சாலை வரித் தள்ளுபடி: பெட்ரோலில் ஓடும் டாக்சிகள், தனியார் வாடகை வாகனங்கள் அனைத்திற்கும் ஓராண்டு காலத்திற்குக் கிடைக்கும்

COVID-19 DRIVER RELIEF FUND

To support taxi and private hire car drivers

- ✓ Jan-Mar 2021: \$600/month
- ✓ Apr-Jun 2021: \$450/month

在2021年1月到3月之间，德士和私召车司机每个月可获得600新元的津贴。在4月到6月间每个月则可获得450新元的津贴

Menyokong para pemandu teksi dan kereta sewa persendirian

- ✓ Jan-Mac 2021: \$600/bulan
- ✓ Apr-Jun 2021: \$450/bulan

டாக்சி, தனியார் வாடகை வாகன ஓட்டுநர்களுக்கு ஆதரவு

- ✓ ஜனவரி - மார்ச் 2021: மாதத்திற்கு \$600
- ✓ ஏப்ரல் - ஜூன் 2021: மாதத்திற்கு \$450

UP TO \$700/MONTH



For workers who lost their jobs or experienced significant income loss

失业或受疫情影响而导致收入下跌的员工每月可获高达700新元

Sehingga \$700/bulan bagi para pekerja yang kehilangan pekerjaan atau mengalami kerugian pendapatan yang besar

மாதத்திற்கு \$700 வரை: வேலைகளை இழந்த அல்லது அதிகளவு வருமான இழப்புக்கு உள்ளான ஊழியர்களுக்கு

INDIVIDUALS AND HOUSEHOLDS 个人和家庭

INDIVIDU DAN ISI RUMAH தனிநபர்களும் குடும்பங்களும்



\$100 CDC VOUCHERS

For all Singaporean households, to be used at participating heartland shops and hawker centres

所有新加坡住户可在邻里商店与小贩中心使用100新元社区发展理事会生活补助券

Baucar CDC bernilai \$100 diberikan kepada semua isi rumah warga Singapura untuk digunakan di kedai-kedai di estet perumahan dan pusat-pusat penjaja yang mengambil bahagian

\$100 சமூக மேம்பாட்டு மன்றப் பற்றுச்சீட்டுகள்: பங்குபெறும் அக்கம்பக்கக் கடைகளிலும் உணவங்காடி நிலையங்களிலும் பயன்படுத்த, அனைத்துச் சிங்கப்பூர் குடும்பங்களுக்கும் கிடைக்கும்

\$200 GST VOUCHER – CASH SPECIAL PAYMENT

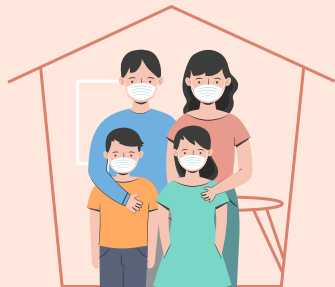
A one-off payment on top of the regular GSTV – Cash payment for eligible Singaporeans

符合资格的国人除了可获取原有的消费税补助券还可额外获取一次性200新元的特别补助

Pembayaran sekali sahaja Baucar GST – Bayaran Tunai Khas bernilai \$200 di samping Baucar GST – Tunai yang biasa bagi warga Singapura yang layak

\$200 பொருள், சேவை வரி பற்றுச்சீட்டு - ரொக்கம் (சிறப்புத் தொகை): தகுதிபெறும் சிங்கப்பூர்களுக்கு வழக்கமான பொருள், சேவை வரி பற்றுச்சீட்டு - ரொக்கத் தொகைக்கு மேலாக ஒருமுறை மட்டும் வழங்கப்படும்

COMLINK



To provide holistic support for 14,000 low-income families over the next two years

社区联系站政府将在未来两年内投入更多资源把“社区联系站”拓展至1万4000户低收入家庭给予他们全面的支援

Memberi sokongan menyeluruh kepada 14,000 keluarga berpendapatan rendah untuk dua tahun akan datang

குறைந்த வருமானம் பெறும் 14,000 குடும்பங்களுக்கு அடுத்த ஈராண்டுகளில் முழுமையான ஆதரவளிக்கும்

\$200 EDUCATION TOP-UP



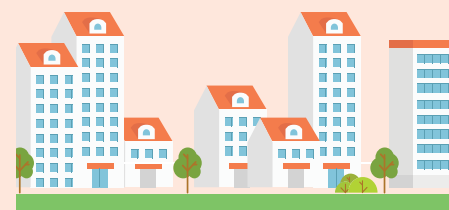
A one-off top-up for every Singaporean child through his or her relevant education account

每个新加坡孩童可在其教育户头获取一次性200新元的填补

Tokoran sekali sahaja \$200 untuk setiap kanak-kanak warga Singapura melalui akaun pendidikan yang relevan

\$200 கல்வி நிரப்புத்தொகை: ஒவ்வொரு சிங்கப்பூர் மாணவரின் கல்விநிதி கணக்கிலும் ஒருமுறை மட்டும் வழங்கப்படும்

S&CC REBATE



Extended to offset between 1.5 and 3.5 months of the charges depending on HDB flat type

根据政府组屋类别, 延长服务与杂费回扣。居民可获得1.5至3.5个月的服务与杂费回扣

Rebat S&CC dilanjutkan untuk mengimbangi caj bagi tempoh antara 1.5 hingga 3.5 bulan bergantung kepada jenis flat HDB

சேவை, பராமரிப்புக் கட்டணத் தள்ளுபடி: வீவக வீட்டு வகையைப் பொறுத்து, 1.5 முதல் 3.5 மாதங்களின் கட்டணங்கள் தள்ளுபடி செய்யப்படும்

INCLUSIVE SUPPORT PROGRAMME



Three-year pilot programme to support students with special needs
试行为期3年的计划, 为特需孩童提供援助

Program perintis selama tiga tahun untuk menyokong pelajar yang berkeperluan khas

சிறப்புத் தேவைகள் உள்ள மாணவர்களுக்கு ஆதரவளிக்கும் மூன்று ஆண்டுகால முன்னோடித் திட்டம்

GREEN INITIATIVES 绿色发展蓝图

INISIATIF HIJAU பசுமைத் திட்டங்கள்



\$60 MILLION

Agri-Food Cluster Transformation Fund to support technology adoption in the food sector and improve Singapore's food resilience

农业食品业转型基金将支持科技在农业食品业产业的使用并加强新加坡的食物链韧性

Dana Transformasi Kelompok Agro-Makanan untuk menyokong penggunaan teknologi dalam sektor pemakanan dan meningkatkan daya tahan sumber makanan Singapura

உணவுத் துறையில் தொழில்நுட்பப் பயன்பாட்டுக்கு ஆதரவளித்து, சிங்கப்பூரின் உணவு மீள்திறனை மேம்படுத்துவதற்கான வேளாண் உணவுக் குழும உருமாற்ற நிதித்திட்டம்

60,000 ELECTRIC VEHICLE (EV) CHARGING POINTS

Deployed in public carparks and private premises by 2030

2030年之前在公共停车场和私人场所建设6万个电动汽车充电站

60,000 tempat mengecas kenderaan elektrik disediakan di tempat meletak kereta awam dan kawasan swasta menjelang 2030

மின்சார வாகனங்களுக்காக 60,000 மின்னூட்டக் கட்டமைப்புகள்: பொது வாகன நிறுத்துமிடங்களிலும் தனியார் வளாகங்களிலும் 2030ஆம் ஆண்டுக்குள் அமைக்கப்படும்

APA YANG DIKETENGAHKAN OLEH AP ANDA DI PARLIMEN

உங்கள் நாடாளுமன்ற உறுப்பினர்கள் நாடாளுமன்றத்தில் சொன்னவை

WHAT YOUR MPs SAID IN PARLIAMENT

义顺集选区议员的发言重点



ECONOMY | 经济 | EKONOMI
பொருளியல்

Mr Derrick Goh

- More support for tourism sector to help local businesses

支持国内旅游业，提振本地企业

Lebih banyak sokongan untuk sektor pelancongan bagi membantu perniagaan tempatan

உள்ளூர் தொழில்நிறுவனங்களுக்கு உதவி புரியச் சுற்றுப்பயணத்துறைக்கு கூடுதல் ஆதரவளிக்க வேண்டும்

- Digitisation of processes across government agencies

加强将政府机构流程数码化的力度

Proses pendigitan di seluruh agensi pemerintah

அரசாங்க அமைப்புகளின் செயல்பாடுகள் மின்னிலக்கமயமாக வேண்டும்

- Review of the sentencing framework for sexual and hurt offences and enhanced protection for victims of such offences

审查性犯罪和伤害犯罪的案刑框架，并加强对此类犯罪受害者的保护

Mengkaji semula kerangka hukuman bagi kesalahan seksual dan kecederaan serta perlindungan yang lebih baik bagi mangsa kesalahan tersebut

பாலியல் குற்றங்கள், காயம் உண்டாக்கும் குற்றங்கள் ஆகியவற்றுக்கான தண்டனை முறை மறு ஆய்வு செய்யப்பட்டு, இத்தகைய குற்றங்களுக்கு இலக்காவோடுக்கான பாதுகாப்பு மேம்படுத்தப்படும்

Mr Derrick Goh

- Tackle online scams comprehensively and increase digital muscles to improve cyber safety

全方位杜绝网上诈骗，提升数码防卫以加强网络安全

Mengatasi penipuan dalam talian secara komprehensif dan memperkasakan kawalan digital untuk meningkatkan keselamatan siber

இணைய மோசடிகளை விரிவாகக் கையாளுவதோடு, மின்னிலக்க ஆற்றலை உயர்த்தி இணையப் பாதுகாப்பை மேம்படுத்த வேண்டும்

Assoc Prof Muhammad Faishal Ibrahim

- Install speed cameras in incident-prone areas and strengthen speed regulating measures

在频频发生车祸的路段安装高速摄像机，加强车速的监督与管理

Memasang kamera kelajuan di kawasan yang sering terjadi kemalangan dan memperketatkan langkah-langkah mengawal kelajuan

விபத்து நிகழும் பகுதிகளில் வேகக் கண்காணிப்புக் கருவிகளை நிறுவி, வேகக் கட்டுப்பாட்டு நடவடிக்கைகளை வலுவாக்க வேண்டும்

- Regulate new psychoactive substances to combat drug abuse

管制新化合致幻药以预防毒品滥用

Mengawal bahan psikoaktif yang baru untuk memerangi penyalahgunaan dadah

போதைப்பழக்கத்தை ஒடுக்கப் புதுவகை உளத்தூண்டல் பொருட்களுக்கு விதிமுறைகள் விதிக்க வேண்டும்



EDUCATION | 教育 | PENDIDIKAN
கல்வி

Mr Louis Ng

- Standardised, transparent, fair and formative appraisal process for teachers

为教师实施标准、透明、公正及形成性评价的教育流程

Proses penilaian yang standard, telus, adil dan formatif untuk guru-guru

ஆசிரியர்களுக்கு சீரான, வெளிப்படையான, நியாயமான, முறைசார்ந்த வேலைத்திறன் மதிப்பீட்டு முறை

Ms Carrie Tan

- How can mental health support be strengthened in school and how to equip teachers and staff to deal with mental health issues

如何加强学校在心理健康方面的支援和帮助教师及员工应对心理健康的问题

Bagaimana sokongan terhadap kesihatan mental dapat diperkukuhkan di sekolah dan bagaimana untuk melengkapkan guru dan kakitangan bagi menangani isu kesihatan mental

பள்ளிகளில் மனநல ஆதரவை எவ்வாறு வலுப்படுத்துவது, மனநலப் பிரச்சனைகளைக் கையாள ஆசிரியர்களுக்கும் ஊழியர்களுக்கும் எவ்வாறு கற்றுத்தருவது



SECURITY | 公共安全
KESELAMATAN | பாதுகாவல்

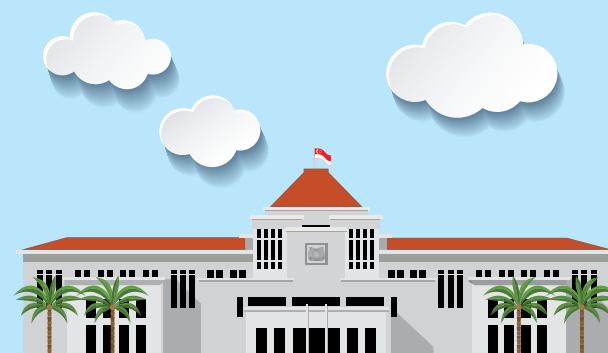
Minister K Shanmugam

- Police to install more cameras across Singapore over the next few years to prevent crime

警方在未来几年内将在全国安装更多电眼以防止罪案发生

Polis akan memasang lebih banyak kamera di serata Singapura dalam beberapa tahun akan datang untuk mencegah jenayah

குற்றச்செயல்களைத் தடுக்கக் காவல்துறையினர் அடுத்த சில ஆண்டுகளில் சிங்கப்பூர் முழுவதும் மேலும் பல புகைப்படக் கருவிகளை நிறுவுவார்கள்





WOMEN/FAMILIES | 妇女与家庭
WANITA/KELUARGA
பெண்கள் / குடும்பங்கள்

Mr Louis Ng

- Increased childcare sick leave to help total fertility rate

延长育儿病假以提高生育率

Penambahan cuti penjagaan anak untuk membantu meningkatkan kadar jumlah kesuburan

மொத்த பிறப்பு விகிதத்தை உயர்த்த, நோயற்ற குழந்தைக்கான பராமரிப்பு விடுப்பைக் கூட்ட வேண்டும்

Ms Carrie Tan

- To introduce a new financial scheme for full-time caregivers to supplement their income and retirement savings

为全职看护者推出新的经济援助计划, 增补他们的收入与退休储蓄

Memperkenalkan skim kewangan baru bagi penjaga sepenuh masa untuk menambah pendapatan dan simpanan persaraan mereka

முழுநேரப் பராமரிப்பாளர்கள் தங்களுக்கு வருமானத்தையும் ஓய்வூதியைச் சேமிப்பையும் பெருக்கப் புதிய நிதித்திட்டம் அறிமுகமாக வேண்டும்

- Enhancements to maternity and paternity leaves to ensure equal share of caregiving

提升产假与陪产假以确保夫妻履行平等的看护责任

Peningkatan bagi cuti bersalin dan cuti bapa untuk memastikan bahagian penjagaan yang sama

சமமான பராமரிப்பளிப்பை உறுதிப்படுத்த, மகப்பேறு விடுப்பும் தந்தையருக்கான விடுப்பும் மேம்படுத்தப்பட வேண்டும்



ENVIRONMENT | 环境
PERSEKITARAN | சுற்றுப்புறம்

Mr Louis Ng

- Strengthen the Green Plan and achieve net-zero carbon emissions by 2050

加强新加坡绿色发展蓝图并于2050年实现净零碳排放愿景

Memperkuat Pelan Hijau dan mencapai kadar sifar bagi pengeluaran karbon menjelang 2050

பசுமைத் திட்டத்தை வலுவாக்கி, 2050ஆம் ஆண்டுக்குள் கரியமிலவாயு வெளியீடு இல்லாத நிலையை அடைய வேண்டும்



MANPOWER | 人力
TENAGA KERJA | மனிதவளம்

Mr Louis Ng

- Legislation of right to work from home and quicker expansion of progressive wage model

立法规范居家办公及更广泛采纳渐进式薪金模式

Undang-undang untuk hak bekerja dari rumah dan mempercepatkan pengembangan terhadap model gaji yang progresif

வீட்டிலிருந்து வேலை செய்யும் உரிமை சட்டமாக்கப்படவேண்டும். படிப்படியான சம்பள உயர்வுமுறை விரைவில் விரிவாக்கப்பட வேண்டும்



SOCIAL WELFARE | 社会福利
KEBAJIKAN SOSIAL | சமூக நலன்

Assoc Prof Muhammad Faishal Ibrahim

- HDB pilot model for singles and increased support for families and individuals staying in public rental flats

建屋发展局推出试点计划让单身者在联合住房计划下试行新模式和为住在公共租赁组屋的家庭和居民提高经济支援

Model perintis HDB untuk mereka yang belum berumah tangga dan peningkatan sokongan untuk keluarga dan individu yang tinggal di flat sewa awam

வீடமைப்பு வளர்ச்சிக் கழகம் (வீவக) ஒற்றையர்களுக்கு முன்னோட்டத் திட்டத்தை அறிமுகப்படுத்த வேண்டும். பொது வாடகை வீடுகளில் வசிக்கும் குடும்பங்களுக்கும் தனிநபர்களுக்கும் கூடுதல் ஆதரவளிக்க வேண்டும்

Mr Louis Ng

- HDB rental flats for singles

为单身者提供建屋发展局的租赁组屋

Flat sewa HDB untuk mereka yang belum berumah tangga

ஒற்றையர்களுக்கு வீவக வாடகை வீடுகள்

Mr Derrick Goh

- Ways to help citizens who have to sell their insurance policies get a fairer value

建议一些途径帮助人民在转售自身保险时获取更公平的转售金额

Cara untuk membantu warganegara yang terpaksa menjual polisi insurans mereka supaya mendapat nilai yang lebih adil

காப்புறுதித் திட்டங்களை விற்க வேண்டிய நிலையிலுள்ள குடிமக்களுக்கு நியாயமான மதிப்பு கிடைக்க உதவுவதற்கான வழிமுறைகள்

Ms Carrie Tan

- Empower ComCare recipients and lift them out of poverty by creating jobs in the social services sector

赋权社区关怀计划的受益者, 为他们创造在社会服务领域的工作以帮助他们脱离穷籍

Memperkasakan penerima ComCare dan membebaskan mereka daripada kemiskinan dengan mewujudkan pekerjaan dalam sektor perkhidmatan sosial

காம்கேர் உதவி பெறுபவர்களுக்காக சமூகச் சேவைத் துறையில் வேலைகளை உருவாக்கி, அவர்களை வறுமையிலிருந்து மீட்டெடுக்க வேண்டும்

- Matching of isolated elderly with single-parent families and rental relief for public housing

为独居的乐龄人士与单亲家庭进行配对, 及为独居乐龄人士争取政府租赁组屋的租金津贴

Memadankan orang tua yang tinggal terpencil dengan keluarga ibu bapa tunggal dan bantuan sewa untuk perumahan awam

தனித்திருக்கும் முதியோரை ஒற்றைப் பெற்றோர் குடும்பங்களுடன் இணைத்து, பொதுக் குடியிருப்புக்கு வாடகை நிவாரணம் அளிக்க வேண்டும்



FOREIGN RELATIONS | 外交关系
HUBUNGAN LUAR NEGARA
வெளியுறவு

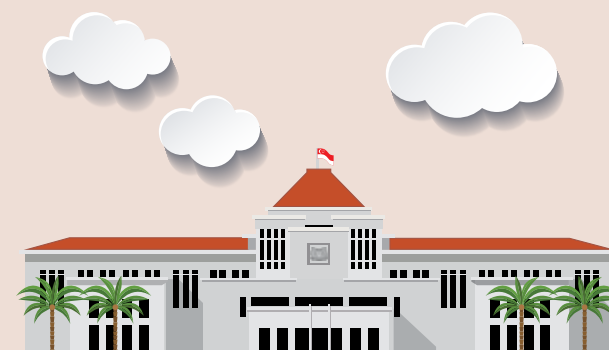
Mr Derrick Goh

- How Singapore plans to forge a closer ASEAN and deepen its role as a regional hub

新加坡如何塑造一个更具凝聚力的东南亚国家联盟并加深其作为区域枢纽的角色

Bagaimana Singapura merancang untuk merapatkan hubungan ASEAN dan memperdalam peranannya sebagai pusat serantau

ஆசியானை நெருக்கமாக்கி, வட்டார மையமாவதற்கான பங்கினை ஆழமாக்கச் சிங்கப்பூர் வகுத்திருக்கும் திட்டங்கள்



A DAY IN NEE SOON



Longkang Fishing @ ORTO

Photo: IG @nming0123

Are you ready for a day of fun in Nee Soon? Follow our itinerary step by step or just go with the flow – we guarantee a smashing good time for you and your family!



Chong Pang City Wet Market & Food Centre
105 Yishun Ring Rd, S760105

Fuel up with a hearty breakfast at the iconic Chong Pang City! With 56 food stalls, you will be spoilt for good and affordable food choices. Tip: Order from a few different stalls to share – this way, you can try a bit of everything! Pick up some old-school snacks on your way out and you are ready for your road trip.



Photo: IG @sunmycitykids



The Live Turtle & Tortoise Museum (NSS)
81 Lor Chencharu, #01-16, ORTO, S769198

Our first stop: The Live Turtle and Tortoise Museum! This Guinness World Record holder houses over 700 live turtles and tortoises of rare and endangered species. With tickets ranging from \$6 to \$14 per person, it's an interactive learning experience for the entire family. Get up close and personal with the free-roaming terrapins and turtles and purchase food at the entrance to feed them. Guided tours are also available.



Longkang Fishing @ ORTO (NSS)
81 Lorong Chencharu, #01-09, ORTO, S769198

Reminisce about a simpler time when children in kampungs would go longkang fishing after school. For only \$12, every child will receive a net and tank to catch fish to their hearts' content. Remember to bring an extra set of clothes for your little ones in case they get wet!



Photo: IG @lilpineapple_and_strawberry



Northpoint City (NSC)
930 Yishun Ave 2, S769098

We hope you're hungry! With dozens of restaurants offering a multitude of dishes, Northpoint City is your best bet for lunch! Take shelter from the heat as you explore the different retail establishments in air-conditioned comfort. For more family fun, head on over to the video arcade centre, Timezone.



Oasis Waterpark @ Nee Soon East
307 Yishun Central, S760307

Waterplay time! Shoot some water guns and splash around with your loved ones at this intergenerational water park. The best part? It's free! Remember to book in advance as there are only 4 two-hour slots per day. The waterpark is well-equipped with resting places, umbrella deck chairs and shower facilities for you to clean up before heading to your next destination.



Photo: IG @lut.the.dude



Yishun Dam (NSL)
Yishun Ave 1, S769130

Close out the day with a beautiful sunset at Yishun Dam. Bring along your picnic mat and basket, and enjoy a relaxing meal with your family as the cool evening breeze blows through your hair.

Photos were taken before the implementation of COVID-19 safe management measures



TOWN COUNCIL CLEANERS RESCUE RESIDENTS FROM BURNING FLAT



It would have been a typical day for town council cleaners Mr Easin Mohammad, 27, and Mr Biswas Md Wasim, 41, and their supervisor, Mr Hossan Mohammad Saddam, 30.

Instead, it was an eventful morning for these heroes who helped save two residents from a house fire in Nee Soon Link.

Mr Ismail Sanif and his wife, Mdm Hasnah Hamid, were home when their electric bicycle that was left charging caught fire. The flat was engulfed in flames and filled with thick black smoke by the time the town council cleaners arrived. Yet, the trio did not falter. With the sledgehammer Mr Saddam grabbed on the way up to the flat, they forced open the metal gate.

As 40 residents evacuated the building, the cleaners were joined by four Grab riders, who had heard about the incident through a group chat, and a neighbour. Together, they broke through the wooden door and found Mr Ismail on the ledge outside, escaping from the raging fire, and his wife huddling in a corner.

“I did not think about whether I would be injured in the process. The only thing on my mind was that I should try to save their lives,” said Mr Saddam.

Their joint effort to save lives was celebrated at Our Nee Soon Hero Recognition Award ceremony held on 20 February 2021 at Nee Soon Link Community Centre. Mr Derrick Goh, MP for Nee Soon Link, presented the awards.

“I thank [these heroes] deeply from my heart. I thank God that I have neighbours who really, seriously help [in times of need],” Mr Ismail said.

“Our firefighting crew managed to save the residents and put out the fire in time. This award is good recognition for their work,” Commander of Yishun Fire Station Capt Gan Chea Hui commented.



Left to right: MP Mr Derrick Goh, Mr Easin Mohammad, Mr Hossan Mohammad Saddam, Mr Biswas Md Wasim, Mr Mohamad Taufik, Mr Ismail Sanif and Mdm Hasnah Hamid, Mr Syed Husein, Mr Muhammad Omar Syarif and Capt Gan Chea Hui gave the thumbs up at the award ceremony



Mr Derrick presenting an award plaque to one of the heroes, Mr Hossan



Mr Ismail is grateful for the community that came to their aid



For Ms Lim Bee Bee, life as a volunteer and a mother are closely intertwined. “I started volunteering in 2017 at Meet-the-People sessions (MPS) and events organised by the Residents’ Committees (RC). At the time, I was on maternity leave after giving birth to my second child. I thought I should use my free time more meaningfully to help the community,” she said.

Now as Chairwoman of the Nee Soon Link Women’s Executive Committee (WEC), she recalls her early experiences volunteering in grassroots organisations. “Over the years, as a community volunteer, I started paying more attention to government policies and how these policies, for example the annual Budget, can make a difference to people’s lives.”

Listening to residents, clarifying their concerns, and writing to relevant organisations have also helped Bee Bee in her personal growth. “The communication and leadership skills we learn as volunteers are very different from those acquired from professional work,” said Bee Bee, who works at a bank.

Building Strong Women

Bee Bee’s motivation goes beyond wanting to give back to the community at large – she also wants to help other people grow through volunteering. “I started leading the WEC when Nee Soon Link became a new division in town. WEC is new. All our members are also new,” she said.

Taking the reins of a completely new organisation is no easy feat. Although “there are a lot of challenges”, Bee Bee does not shy away from them. “We want to build a strong network of women, so that we can facilitate opportunities for women in Nee Soon Link to connect, grow, and be empowered to achieve their goals. We focus on areas like health, financial management, relationship management, and also self-growth.”

She cites volunteerism as a fulfilling aspect of her life and urges other women to join her. “This journey is going to make a difference not only to others but also to yourself because the more you give, the more you get. The spirit of giving and not expecting anything in return is so rewarding and fulfilling that I can’t explain in words,” she said, laughing.

Challenges in Recruiting Women

She needs more volunteers. “It’s not easy to get women who want to be part of this network because women wear so many different hats, whether as mother, wife, ...” Bee Bee said. Women who want to volunteer but do not have time to step out of their homes can help with media and PR, manage the division’s social media platforms, and come up with interesting messages. She tells others that even two hours a month will make a difference.

Speaking about women, she said: “The biggest issue we face today is the challenge of leadership. Even in my workplace, I see women who can do bigger jobs but don’t because they want to spend more time with their families. In society, women are usually the main caregiver; so, sometimes they have to take a step back in their careers and not take on leadership roles.”

The WEC aims to create support groups and organise courses or training programmes for women who want to upskill themselves. Tuition courses for children from lower-income families are already under way in Nee Soon Link, easing the burden of after-school education for many of these mothers.

Leading by Example

Volunteering also requires support from the family, and the support from her husband enables her in this journey. Her two daughters, four and eight years old, are proud of her.

“Last year during the Lantern Festival, I got my girls to join me in giving out lanterns.” Her elder daughter has been on a house visit too. “I was with MP Derrick Goh. She was with another group of volunteers and went knocking door to door. I think it was quite fun for her,” she said with a laugh. “Every Monday, they know I will be at the MPS. In our estate, they see Derrick’s photo in various areas. So they will say, ‘Oh that’s Mr Derrick Goh. Mummy is helping him.’ They feel quite proud.”

Lastly, Bee Bee said: “Calling out to all the women in Nee Soon, if you’d like to be a part of a strong network of women and do good together, I welcome you to join us!”

Bee Bee can be reached at beebeelin@gmail.com

开拓女性版图的引路人

对于林宛羚女士而言，踏上志工的旅程恰好是她为人母亲的时候。因此，林女士的志愿者生活和母亲生活是紧密相连。她说：“我2017年开始投入志工行列，在议员接见选民与居民委员会中心所筹划的活动上服务。当时，我生下第二个孩子后正在休产假。我认为我应该将自己的空闲时间更有意义地用于帮助社区，”她说。

现在担任妇女执行委员会会长的她，回忆起在基层组织从事志愿工作的早期经历，她娓娓道来：“多年来，作为社区志愿者，我开始更加关注政府政策以及这些政策（例如年度预算）如何能够改变人们的生活。”

聆听居民的心声、澄清他们的担忧，并写信给相关组织的确帮助宛羚在自我成长的道路迈前一大步。在银行任职的宛羚说到：“我从志工那里所学的沟通技巧以及领导技能与在专业领域所累积的技能是截然不同的。”

塑造内心强大的女性

宛羚的目标不只是回馈社会，她也想帮助人们通过志工服务中自我成长。她表示：“义顺岭成为市镇新的社区时，我就开始带领妇女执行委员会。妇女执行委员会是刚成立的，而且所有的成员也都是新进会员。”

作为新成立组织的掌舵人并不容易。虽然宛羚面对诸多挑战，但她从不畏惧。她说：“我们要建立一个强韧的女性联络网，为义顺岭的妇女创造互相联系交流、一起成长和帮助她们达成愿望。我们专注于以女性为主的课题。这包括健康保健、财务规划、个人关系管理以及自我成长。”

她指出志工给予她生命里不可或缺的满足感，并敦促其他妇女参与志工行列。她笑着说：“踏上志工的旅程将不仅对他人也对自己产生正面的影响。因为你给的越多，收获就越丰盛。那种既施予又不求任何回报的奉献精神，是能赋予你一股充斥心灵、非笔墨所能形容的满足感。”

招募女性当志工的挑战

宛羚急需更多女性志工加入服务居民的行列。她表示：“招募女性成为联络网的一份子并不容易。因为现今女性得同时担任不同角色，如母亲、妻子...” 想要志愿服务但又没有时间走出家门的女性可考虑从事以下的事物，如媒体和公关，管理部门的社交媒体平台和构想有趣的信息等。宛羚告诉别人，每个月即使服务一两个小时也会有效益。

在谈到女性时，宛羚说：“当下我们面临的最大问题是领导力的挑战。即使在我的工作场所，我也看到女性可以胜任更高的职位，却因想花更多陪伴家人而却步。女性在社会里往往是扮演照料者的角色。因此，她们在职场的交叉口裹足不前，不愿意担任领导职位。”

妇女执行委员会的使命是创立支援组，并为想要提高自身技能的女性组织课程或培训计划。在义顺岭，专门为来自低收入家庭的孩子开办补习班的计划已经落实。这大大地减轻一些母亲为学后托管教育而到处张罗的负担。

以身作则

从事志愿服务还需要家人的支持和谅解。宛羚的丈夫这一路来都全力支持好让她没有后顾之忧。她的4岁和8岁女儿也为她引以为傲。

她说：“去年中秋节，我带着我女儿一起派发灯笼。我与吴顺喜议员一组，我大女儿和其他志工一组挨家挨户地分派灯笼。我认为这对我女儿来说很有趣。每个星期一，他们都知道我都会在议员接见选民的活动。在义顺岭市镇里，当她们看到吴顺喜议员的照片都会说：‘啊，那是吴顺喜议员。妈妈在帮他。’她们为我感到自豪。”

最后，宛羚呼吁：“义顺所有的女性们，如果你想成为强韧的女性网络中的一员并为社区尽一分力，我欢迎你们加入我们的团队！”

有兴趣参加妇女执行委员会的女性居民可以通过电邮的方式与宛羚联系。宛羚的电邮地址是beebeelin@gmail.com。

A portrait of Ms Lim Bee Bee, a woman with shoulder-length brown hair, wearing a white t-shirt and large hoop earrings. She is smiling and looking slightly to the right. The background is a blurred outdoor setting with green foliage and a blue sky. The text 'PORTRAITS of WOMAN' is visible on her t-shirt.

SHE'S LEADING THE WAY

“OVER THE YEARS, AS A COMMUNITY VOLUNTEER, I STARTED PAYING MORE ATTENTION TO GOVERNMENT POLICIES AND HOW THESE POLICIES, FOR EXAMPLE THE ANNUAL BUDGET, CAN MAKE A DIFFERENCE TO PEOPLE'S LIVES.”

— MS LIM BEE BEE, CHAIRWOMAN OF THE NEE SOON LINK WOMEN'S EXECUTIVE COMMITTEE (WEC)

HANDSEWN WITH LOVE

During the pandemic, when many things seemed to come to a standstill, two seniors from the Wellness Kampung in Nee Soon Central were hard at work. They were sewing masks for the community after finding out that there was a shortage of masks in Singapore.

A volunteer with the Sunshine Buddy programme at Khoo Teck Puat Hospital (KTPH), Ms Sharon, 70, first started sewing masks for the patients discharging from KTPH and Yishun Community Hospital.

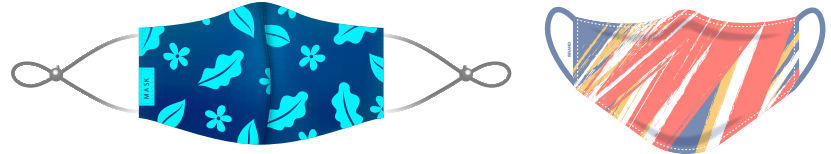
Ms Alice, 75, who teaches handicraft classes at the Wellness Kampung, joined Ms Sharon in this initiative. Together, they made more than 1,000 masks within a month, which they then distributed to older residents in the community and migrant workers.

“We want to ensure the older members in the communities are protected and that residents don't deplete the mask supplies for frontline healthcare workers,” the two seniors shared on why they started this initiative. Ms Sharon added: “I thought why not try to do something special and give back to the community”

Associate Professor Muhammad Faishal Ibrahim commended their efforts during his visit to the Wellness Kampung in Nee Soon Central.



Ms Sharon (left) and Ms Alice (right) sharing their labours of love with Assoc Prof Muhammad Faishal Ibrahim



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Beritahu kami pandangan anda dengan melengkapkan tinjauan ringkas sekarang dan dapatkan Kupon Qoo10 Cart bernilai \$5*!

*Dihadkan kepada 100 responden pertama, tertakluk kepada terma dan syarat.

உங்கள் கருத்துகளைக் கேட்டறிய நாங்கள் விரும்புகிறோம்!

உங்கள் அக்கமப்பக்கத்திற்கு பொட்டலப் பெட்டக நிலையங்கள் வருவது குறித்து உற்சாகமா?

இப்போது சிறியதொரு கருத்தாய்வில் கலந்துகொண்டு உங்கள் கருத்துகளை எங்களிடம் கூறலாம். \$5 மதிப்புள்ள Qoo10

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Brothers Shohel (left) and Hossen (right) have served Nee Soon residents for 15 years combined

CLEANERS FIND HOME IN NEE SOON

Hossen Md Alamgir, 31, has devoted 11 years of his life as a cleaner in Nee Soon. Shohel Mohammad, 28, has also worked in the same constituency for four years. The duo brings a whole new meaning to camaraderie as not only do they work alongside each other in the same team, but they are also brothers.

Hossen, who moved first from Bangladesh, was delighted when Shohel secured an opportunity to work in the same constituency. Every day, they patrol the blocks, cleaning common areas and getting feedback from residents on issues that require attention.

During the pandemic, going around in smaller groups was challenging, especially when bulky items needed to be removed from residents' homes. However, the duo acknowledges that it was necessary to prevent the infection from spreading. They also mention other changes since COVID-19, such as increased frequency in cleaning, adding to their workload, and having to be more vigilant in general. Instead of cleaning lift buttons weekly, they now do it daily. Some high touch points need to be cleaned twice a day.

Despite that, Hossen and Shohel remain optimistic as they receive encouragement from Nee Soon residents. Some residents recognise the long-serving Hossen and even call him by name. Shohel, relatively newer in the area, says that residents often offer them, as well as their teammates, food and masks. "But we cannot accept too much," Hossen said, humbly. When asked about how residents can alleviate some of their burden, they say that being mindful and considerate helps. They remind residents not to litter cigarette butts along staircases and in rubbish chutes, as these can start fires. They also cite incidents where their fellow cleaners have gotten injured by sharp or hazardous objects thrown down rubbish chutes.

At home in Bangladesh, their parents and siblings await their reunion. The brothers have not visited home since arriving in Singapore. They look forward to a safer time when travel opens up. Hossen, in particular, had plans to visit home at his ten-year mark. Before the pandemic hit, they would also look forward to a yearly dinner party during Labour Day where the cleaners are rewarded for their hard work with *makan* (eating) and singing. Meanwhile, it is definitely heartening to know that both of them think of Singapore as their second home.

Help Keep Our Home Clean

Do not place bulky items or articles at staircase landings and lift lobbies.

请不要在楼梯间和电梯口摆放或囤积大件物品。
 Jangan letakkan barang atau benda yang besar dan berat di pelantar tangga dan lobi lif.
 பெரிய அளவிலான பொருட்களைப் படிக்கட்டுத்தரை இரக்கத்திலோ மின்தூக்கிகள் முன்னோ வைத்துச் செல்ல வேண்டாம்.

Be a responsible feeder. Clean up after feeding.

做一个负责任的饲养者。请在喂食后把地方清理干净。
 Jadilah pemberi makan yang bertanggungjawab. Bersihkan selepas memberi makan.
 இரை போட்டபின் பொறுப்பாக இடத்தைச் சுத்தம் செய்யுங்கள்.

Derelict bicycles will be removed.

废弃的脚踏车将被移除。
 Basikal yang dibiarkan tertinggal akan dialihkan.
 பாழ்பட்ட மிதிவண்டிகள் அகற்றப்படும்.

Keep our lifts clean.

请保持我们电梯的清洁。
 Jaga lif kita dengan bersih.
 நம் மின்தூக்கிகளைச் சுத்தமாக வைத்திருங்கள்.

Please dispose your waste into the central refuse chute.

请将垃圾丢入中央垃圾槽。
 Sila buang sampah anda ke pusat pelongsor sampah.
 தயவுசெய்து உங்கள் குப்பைகளை மத்திய குப்பைப்போக்கியில் போடவும்.

Help one another, together we build a community.

让我们互相帮助，共同建立美好社区。
 Bantu antara satu sama lain. Kita membina sebuah masyarakat bersama-sama.
 ஒருவருக்கொருவர் உதவுவதால் ஒரு சமூகத்தை ஒன்றாக உருவாக்க முடியும்.

LOVE ALL, SERVE ALL

Feed Singapore, a volunteer food distribution group started from the ground up, hopes to provide last mile solutions for the vulnerable groups in our community. Formed by married couple Mr Sheik Ziauddin, 40, and Ms Rozina Sheik, 34, together with volunteers Mr Yuvaraj and Mr Sathya, both 24 years old, the group hopes to make a difference in the lives of others.

Supplying Food for the Needy

Sheik observed that while isolated seniors receive social support from various social service agencies and organisations, they may not have regular access to wholesome, nutritious meals as some are too frail to cook.

“While we can’t serve them food every day, our aim is to provide a wholesome meal at least once a week, with soup and fruits, something that they will look forward to,” Sheik explained.

When Feed Singapore first started, Sheik and his wife prepared vegetarian meals out of their home kitchen. However, as the number of beneficiaries has increased, together with feedback from the seniors on their dietary preferences, Feed Singapore now works with different caterers to provide meals to these seniors on a weekly basis. “We want to provide variety in the meals and also for the seniors to get to eat the food they like,” Rozina shared.

Enriching All Who Are Involved

It has been an eye-opening experience for the group. Both Yuvaraj and Sathya feel that they have been transformed through volunteering. The human interaction is enriching for Yuvaraj, who previously worked only with animals at ACRES Wildlife Rescue Centre. An undergraduate majoring in mass communications and public relations, Sathya finds that his talents are being channelled to good use. “When I know my words are being heard, I know that I am helping this startup service to be known to Singapore. It feels good when I can be part of something bigger,” Sathya said.



MP Carrie Tan commends the volunteer group's efforts to better the lives of others

As for Sheik, he realised he is now a better listener. “Most seniors don’t want any suggestions, or empathy, as they have gone through everything. They just want a person to listen,” he noted. Rozina, besides improving her culinary skills, also finds that she now relates better to the vulnerable. Sheik spoke lovingly of his wife: “She has become Agony Aunt. They will call and talk to her. She is a befriender.”

“All of us are now more exposed to [harsh] realities. Life is not as comfortable as we think. We are [now] more grateful and contented with whatever we have,” Sheik elaborated.

Voice for the Vulnerable

Food distribution is a key to getting vulnerable seniors to open up to volunteers. After hearing their concerns, Sheik links up with agencies to address their needs with relevant schemes. As a manager in the biomedical industry, Sheik also harnesses his managerial skills, allocating three volunteers to one elderly. The volunteers will periodically call and check on these seniors.

“I ask them to contact the Residents’ Committees and also give social workers these seniors’ contact numbers so that they always keep in touch,” Sheik said. “I remind them that help is just one call away. This way, we are empowering them to reach out for help,” he added.

COVID-19 VACCINATION: WHAT YOU NEED TO KNOW

February 22 marked the start of a nationwide COVID-19 vaccination programme for seniors aged 70 and above. Over 799,000 people in Singapore have received at least one dose of the vaccine, with more than 300,000 among them having completed both vaccine doses. The Government aims to vaccinate the entire population by the end of 2021. All Nee Soon residents scheduled to receive the COVID-19 vaccine will be directed to the nearest vaccination sites at Nee Soon East Community Club or Canberra Community Club. Across the country, there are currently 31 COVID-19 vaccination sites.

Why?

Vaccination is key in protecting each of us from the COVID-19 infection.

The COVID-19 vaccine is highly effective and safe. The Expert Committee on COVID-19 Vaccination and the Health Sciences Authority (HSA) have assessed that the vaccine meets safety and efficacy standards.

Together with current safe distancing measures, contact tracing and testing, the vaccine will protect the population at large and make it harder for the virus to spread.

Who?

The following are eligible to receive free vaccinations:

- Singaporeans
- Singapore permanent residents
- Long-term residents, including:
 - Employment Pass holders
 - S Pass holders
 - Work Permit holders
 - Dependant’s Pass holders
 - Long-Term Visit Pass holders
 - Student Pass holders
 - Foreign domestic workers

The Islamic Religious Council of Singapore (MUIS) has stated that the COVID-19 vaccine is permissible for Muslim use. MUIS advises and encourages Muslims to be vaccinated.



Which?

At the time of printing, the Pfizer-BioNTech and Moderna COVID-19 vaccines are the only two vaccines approved by HSA.

How?

The vaccination programme is now rolled out to younger age groups. As they are more familiar with the use of digital technology, personalised letters of invitation will no longer be sent to them. A two-step process is adopted instead. First, all who are eligible can register directly at the vaccine.gov.sg website. Second, the registrants will receive an SMS with a personalised URL enabling them to book their vaccination appointments online.

Starting with persons aged 45 to 59 years old, with immediate effect, everyone in this age group can register their interest to be vaccinated at vaccine.gov.sg. Registrants will receive an SMS as soon as there are vacant slots available for booking.



Ask Jasmine

Dr Jasmine Siang is a licensed behavioural specialist and psychotherapist with more than 12 years of experience in Individuals, Couples and Family Therapy. Her expertise includes abuse, anxiety, eating disorders, relationships, emotional issues, trauma, etc.

She firmly believes change is always possible and healing is an art. It takes time. It takes practice.
It takes trust.

This column is not intended to serve as a substitute for any financial, medical, legal or other professional advice.
If you have specific concerns or an urgent situation in which you require professional, psychological or medical help, you should seek help from a licensed professional, physician or mental health professional.



Dear Jasmine,

I am concerned over my 14-year-old son who seems to have a cyber addiction problem. I do not know how to handle his issue.

He spends long hours playing games and watching shows on his handphone and laptop, often neglecting his homework. He finds me annoying and does not listen whenever I try talking to him about limiting his screen time.

I have tried taking away his laptop, but he always uses schoolwork as an excuse to access it. As he does not allow us to enter his room, I am unable to take the laptop back for keeping after he is done with schoolwork. I have to wait till the next day, when he goes to school, before I can keep it.

I really do not understand the high dependency on digital devices for students in secondary school. They use mobile phone to communicate with their teacher and classmates and laptop for online homework.

Also, unlike primary school where we get regular updates from the teachers through the Class Dojo app, I only get updates from the school and his teachers during the yearly parent-teacher meeting. It is often too late by then.

Please advise me on how to handle this issue.

Worried Parent

Dear Worried Parent,

Firstly, your son's device usage is the least of your worries! It is just a symptom of the real issue. The real issue is that you do not have a strong relationship with your son, and from what you have said, there may even be a breakdown in communication.

You have tried talking to your son, but all he does is find you annoying. The relationship is so hostile that he does not even allow you to enter his room. It is clear that he is learning more from your actions than your words. When you respond by secretly taking away his laptop, he learns that it is okay to use sneaky methods to get it back. He might lie or use schoolwork as an excuse, but he is only reciprocating your actions.

Now that you know the underlying problem, here is how you can improve communication and build an actual relationship with your son:

1. Show that you can understand your son's world. Change your 'I don't know' or 'I don't understand' to 'I want to know' and 'I want to understand'. You then have to actually make the effort to find out and see from your son's point of view.
2. Improve your non-verbal communication and be mindful of what you demonstrate as a role model. That means respecting his boundaries and no more sneaking around. Show that you understand and care about his feelings. In the same way, tell him why what he does may upset you. For example, you are upset not simply because he is spending too much time on the computer, but because it is affecting his homework, his prospects, and any punishment he may face in school. You are coming from a position of love and care, so let him know this!
3. You can adopt a more proactive approach in finding out about his schoolwork, and not just from his teachers. Yes, teachers in primary school did most of that work for you, but now, you have to rely on properly communicating with your son. You are the adult, so take the initiative.

Remember that building an actual relationship with your son is not just about using power to influence his behaviour and finding ways to control his actions. This is an important stage in his life where he learns about mutual respect, compromise, and give and take. How you build this relationship with him will determine how he builds his future relationships.

Jasmine Siang, Behavioural Specialist/Psychotherapist

Help is always available

For women and sexual assault care:
Association of Women for Action and Research (AWARE): 1800 777 5555

For marital relationships:
Care Corner Counselling Centre: 6353 1180

For mediation and dispute resolution:
Eagles Mediation and Counselling Centre: 6788 8220

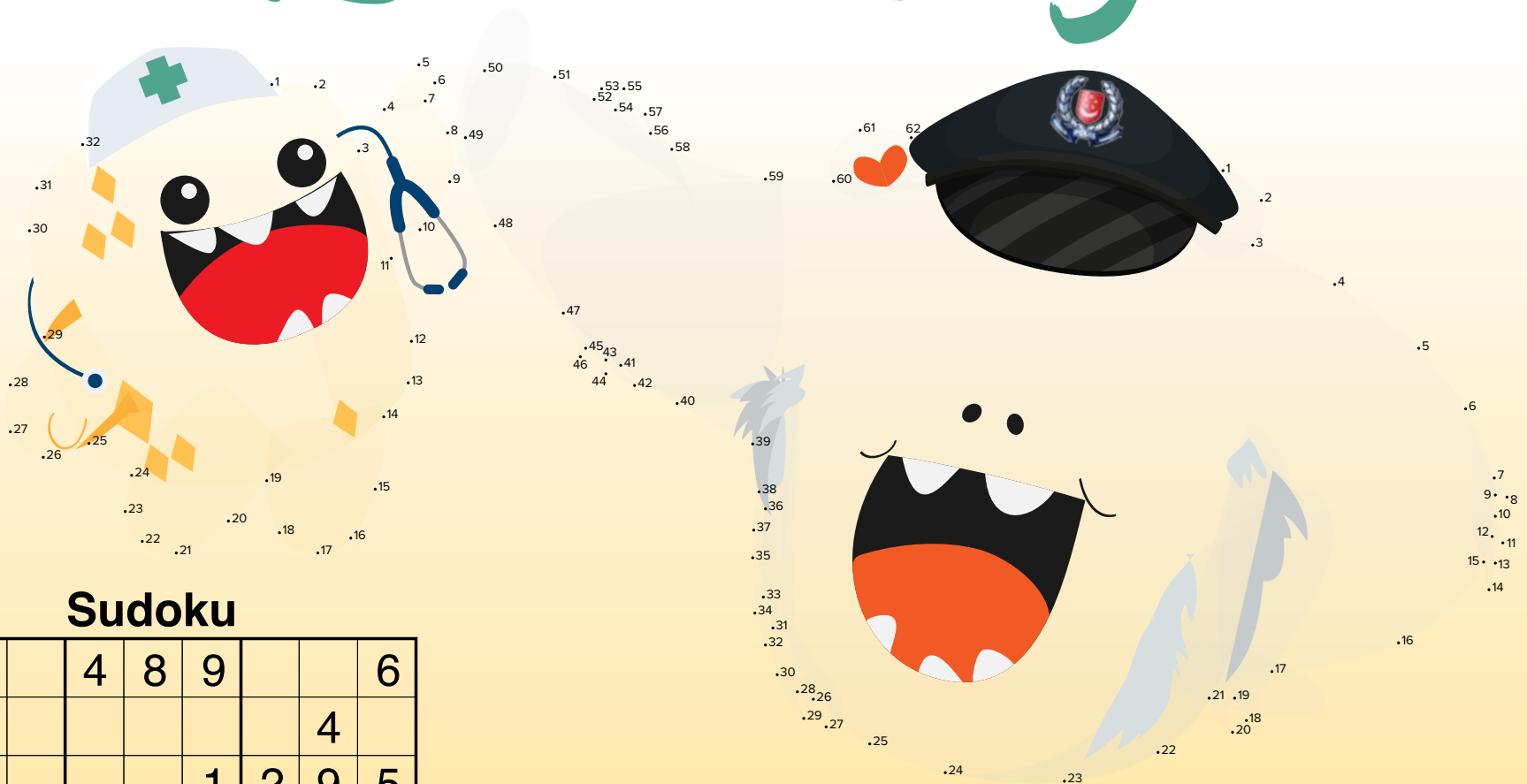
For children- and youth-related issues:
WINGS Counselling Centre: 6383 5745

For mental health issues:
Shan You Counselling Centre:
6741 9293 / 6745 9293



Have a concern?
Simply scan this QR code and submit your entry here to be shortlisted.

HAPPY Labour Day!



Sudoku

1			4	8	9			6
7	3							4
					1	2	9	5
		7	1	2		6		
5			7		3			8
		6		9	5	7		
9	1	4	6					
	2						3	7
8			5	1	2			4

Difficulty level: Easy

Answer

4	6	2	1	5	3	8	7	8
7	8	1	8	4	6	5	9	6
2	8	5	3	9	6	7	4	6
3	1	7	5	6	8	9	2	4
8	3	9	6	7	4	2	5	6
6	5	9	4	2	1	7	7	3
5	6	2	2	1	7	3	8	9
7	7	3	7	1	2	6	8	4
3	7	6	8	8	4	1	7	7
6	6	8	6	3	3	7	6	1

Join the dots for Nanas and Squish to celebrate Labour Day with our workers!



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
Address: Blk 107 Yishun Ring Road, #01-207, Singapore 760107
Tel: 6758 3039 | WA: +65 8249 4662
Email: mps@chongpang.org
Operating hours: Tuesdays 7.30pm onwards (except PH & eve of PH)
f K Shanmugam Sc kshanmugam_ K Shanmugam

NEE SOON CENTRAL



Assoc Prof Muhammad Faishal Ibrahim
Minister of State for Ministry of Home Affairs and
Ministry of National Development
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 609 Yishun St 61, #01-235, Singapore 760609
Tel: 6752 2532
Email: MPS.NSC@gmail.com
Operating hours: Mondays 7pm onwards (except PH & eve of PH)
f muhammad.faishal.ibrahim1 @ muhammadfaishalibrahim

NEE SOON EAST



Mr Louis Ng Kok Kwang
MP for Nee Soon GRC
Adviser to Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 227 Yishun St 21, #01-520, Singapore 760227
Tel: 6755 1946
Email: Louisng4nse@gmail.com, nee.soon.east.mps@pap.org.sg
Operating hours: Mondays 7.30pm - 9pm
(first 4 Mondays of the month, except PH & eve of PH)
f @ louisngkokkwang

NEE SOON LINK



Mr Derrick Goh Soon Hee
MP for Nee Soon GRC
Chairman of Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 408 Yishun Avenue 6, #01-1264, Singapore 760408
Email: derrickgohsh.mps@gmail.com
Operating hours: Mondays 7.30pm - 9.30pm
(first 4 Mondays of the month, except PH & eve of PH)
f @ derrickgohsh

NEE SOON SOUTH



Ms Carrie Tan Huimin
MP for Nee Soon GRC
Vice-Chairman of Nee Soon Town Council

Meet-the-People Sessions
Address: Blk 850 Yishun St 81, #01-94, Singapore 760850
Tel: 6759 3413 | WA: +65 9634 5259
Email: CarrieTanNSS@gmail.com
Operating hours: Mondays 7.30pm - 9.30pm (except PH & eve of PH)
f CarrieTanCares @ carrietancares

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)
Nee Soon Link
Blk 411 Yishun Ring Rd, #01-1819, S(760411)



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1800 275 5555



NEE SOON TOWN COUNCIL

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Email: feedback@nstc.org.sg
f Nee Soon Town Council
@ neesoontc
Nee Soon Town Council
NeeSoonTC

A CONVERSATION ON CONSERVATION

一场关于自然生态保育的对话

If you were to ask, MP Louis Ng would tell you that his parents were not animal lovers. In fact, his father was scared of dogs. So, it came as a surprise when Louis decided he wanted to be just like conservationist Dian Fossey after watching the film "Gorillas in the Mist". His journey as an animal rights and environmental activist started when he was 14 years old. Louis spent the last 20 years heading the Animal Concerns Research and Education Society (ACRES), an animal protection organisation he founded in 2001 when he was only an undergraduate.

"I realised if I devoted my life to speaking up, I could make bigger changes," said Louis on his current roles as MP for Nee Soon GRC and Chairperson of GPC for Sustainability and the Environment.

If Not Now, When?

With climate change being a pressing issue, not just for Singapore but for the world, a lot is at stake. To bring things closer to home, Louis said: "We can have the best economy, the best jobs, the best healthcare, but all that will come to nothing if we don't have a planet we can live on. At a National Day Rally few years back, PM Lee Hsien Loong addressed that the East Coast will sink if we do nothing."

Rather than doing nothing, Louis has championed several environmental causes within Nee Soon. He is particularly excited about the upcoming Khatib Bongsu Nature Park, a development that Minister for National Development Desmond Lee and the National Parks Board also advocated. "Khatib Bongsu is a very special case," he said. "That area was earmarked for development but the decision was changed. That's important because Khatib Bongsu is beautiful and an important area for our wildlife and biodiversity. It's the lungs for Nee Soon in the heart of Nee Soon."

Walking the Talk

Talking about the environment is important, but mobilising the community can be a challenge, Louis states. As a result, he started community clean-up initiatives for students and residents. "The good news is the young are passionate about this issue. In fact students from Northland Secondary School are doing a clean-up at Khatib Bongsu as we speak," he said. Aside from students, Nee Soon residents have also participated in the clean-up exercises.

He also points out that students are involved in the planning for the upcoming nature park and he was amazed when they came up with so many ideas during the brainstorming session with various stakeholders. He also highlights the heritage aspect of Khatib Bongsu that should not be forgotten. "People used to live in Khatib Bongsu," he explained. "So we have students cleaning the area, and we plan to have another set of students do research and try to find the people who used to live there, find old photos, interview the seniors and find out what it was like living there."

City in Nature

According to Louis, the long-term challenge is for us to find a compromise, a middle ground. "There are going to be trade-offs. I believe we will find the balance between development and protection of our green spaces and that our strong economic progress can go hand in hand with ensuring sustainability at the heart of everything we do."

The effort will be well worth it as he shares a snippet of what can happen when care is given to the environment. "A good example is the Central Catchment Nature Reserve. The BKE cuts across it. A lot of the animals didn't dare to cross the highway. Then, when we built the Ecobridge, something beautiful happened. The animals started to cross."

如果你对于黄国光议员的父母是否喜爱动物感到好奇, 他会坦言双亲都不是动物爱好者。其实, 他的父亲怕狗。因此, 当黄国光观看纪录片《迷雾中的大猩猩》后而决定效仿著名动物学家黛安·弗西女士时, 家人都为他所立的志向感到诧异。仅仅14岁的他, 就踏上活跃于维护动物权益及自然生态环境保育的道路上。2001年, 当黄国光还是个在校大学生, 他创建了关爱动物研究协会, 并在过去的20年领导着以及推广这个动物保护组织的使命。

身兼义顺集选区议员及永续发展与环境委员会主席的黄国光说: "我领悟到如果我用我的一生致力于为居民、动物和自然生态发声, 我可以谋划更大的发展和改变。"

如不趁当下采取主动, 等何时?

气候变化日益严重。它不仅仅影响新加坡, 整个世界也受牵连。黄国光意识到气候变化课题迫在眉睫。他说到: "我们可以拥有最好的经济、最好的工作以及最好的医疗保健, 但如果没有宜居的地球, 所有的美好将化为乌有。"

与其坐以待毙, 黄国光主动当起了义顺区众多环保议题的领头羊。他对于即将对外开放的卡迪蒙苏自然公园充满兴致。这个工程也是新加坡国家发展部李智陞部长与国家公园局紧密合作的项目。黄国光说: "卡迪蒙苏自然公园是个极具代表性的个案。这个区域本来已被设定为开发与项目, 后来决策却改弦易辙。关键是, 卡迪蒙苏自然公园既美观, 又是个让野生动物、多元生物种类栖居的世外桃源。它是位于义顺中区的绿肺。"



身体力行

黄国光表示, 谈论环保议题固然重要, 但调动社区居民参与环保活动确实是个挑战。他于是为学生和居民们举办清理沿岸垃圾的计划, 好让他们为社区绿化尽一份力。他说: "年轻人热衷于环保议题是好消息。就在此时, 德景中学的学生正在清理卡迪蒙苏自然公园。除了学生, 义顺居民也积极参与清理活动。"

黄国光也指出, 策划即将开张的卡迪蒙苏自然公园有征求在籍学生的意见, 而他也为学生能在与各相关人士的集思广益阶段, 提出许多宝贵的意见而啧啧称奇。他也强调, 卡迪蒙苏自然公园的文化遗产不该被淡忘。黄议员解释: "早期, 人们曾在卡迪蒙苏自然公园居住。除了固定安排学生参与清理工作, 我们也同时安排另一组学生做研究, 尝试寻找曾在这里居住过的人和旧照片以及访问乐龄人士, 以拼凑当时的居住环境。"

大自然中的城市

对黄国光而言, 眼下长远的挑战是如何寻找折衷方案和合适的中间地带。他说: "权衡得失是必经的过程。我相信我们能找到城市发展与保护绿色空间的平衡点, 在日常生活中的点点滴滴, 确保强劲的经济发展能与可持续发展同步进行。"

关怀生态环境总有回报。这与种瓜得瓜、种豆得豆的道理是一样的。"一个非常好的例子是中央集水区自然保护区。它被武吉知马高速公路切割开来。许多动物都不敢擅闯公路。建了生态连道后, 奇妙的事情发生了。来自不同的保护区的野生动物开始往来。"

Louis' Favourite Place in Nature

"Sungei Buloh, where I walk with my kids and look for crocodiles, or Khatib Bongsu, where we kayak quite a fair bit."

黄国光最喜爱的自然景点

"双溪布洛湿地保留区是我与孩子边漫步边寻找鳄鱼的地方, 或者是卡迪蒙苏自然公园; 这是我们一起划独木舟的好去处。"

BERBICARA TENTANG PEMULIHARAAN ALAM

பாதுகாப்பு பற்றிய ஓர் உரையாடல்



Sekiranya anda bertanya kepada Anggota Parlimen Louis Ng, beliau akan memberitahu anda bahawa ibu bapanya bukan pencinta haiwan. Malahan, ayahnya takut akan anjing. Oleh itu, ianya satu kejutan apabila Louis memutuskan untuk menjadi seperti tokoh pemuliharaan Dian Fossey setelah menonton filem "Gorillas in the Mist". Perjalanannya sebagai aktivis hak haiwan dan alam sekitar bermula ketika beliau berusia 14 tahun. Louis telah menyumbangkan baktinya selama 20 tahun lalu menentuai Persatuan Berkaitan Penyelidikan dan Pendidikan Haiwan (ACRES), sebuah organisasi perlindungan haiwan yang ditubuhkannya pada tahun 2001 ketika beliau masih seorang mahasiswa.

"Saya sedar jika saya mengabdikan hidup saya untuk bersuara, saya boleh melakukan perubahan yang lebih besar," kata Louis mengenai peranannya sekarang sebagai Anggota Parlimen bagi GRC Nee Soon dan Pengerusi GPC untuk Kemampanan dan Sekitaran.

Jika Bukan Sekarang, Bila?

Dengan perubahan iklim menjadi isu mendesak, bukan hanya untuk Singapura tetapi dunia, banyak yang dipertaruhkan. Bagi memahami situasi ini dalam konteks Singapura, Louis berkata: "Kita boleh memiliki ekonomi terbaik, pekerjaan terbaik, khidmat rawatan kesihatan terbaik, tetapi semua itu akan menjadi sia-sia jika kita tidak memiliki planet yang boleh kita diami. Pada Rapat Hari Kebangsaan beberapa tahun yang lalu, PM Lee Hsien Loong menyatakan bahawa East Coast akan tenggelam jika kita tidak melakukan apa-apa."

Daripada tidak melakukan apa-apa, Louis telah memperjuangkan beberapa isu persekitaran di Nee Soon. Beliau sangat teruja dengan pewujudan Taman Alam Khatib Bongsu yang akan datang, iaitu sebuah pembangunan yang juga disokong oleh Menteri Pembangunan Negara Desmond Lee dan Lembaga Taman Negara. "Khatib Bongsu adalah kes yang sangat istimewa," katanya. "Kawasan ini diperuntukkan untuk pembangunan tetapi keputusannya diubah. Ini penting kerana Khatib Bongsu ialah sebuah kawasan yang indah dan penting bagi hidupan liar serta biodiversiti kita. Ianya umpama paru-paru yang menjadi organ pernafasan Nee Soon di tengah-tengah Nee Soon."

Melaksanakan seperti yang Dibicarakan

Bercakap mengenai alam sekitar adalah penting, namun menggerakkan masyarakat boleh menjadi satu cabaran, kata Louis. Oleh itu, beliau memulakan inisiatif usaha pembersihan bersama masyarakat untuk pelajar dan penduduk. "Berita baiknya adalah golongan muda amat prihatin terhadap isu ini. Malahan, tatkala kita sedang berbicara sekarang, para pelajar daripada Sekolah Menengah Northland sedang melakukan kerja pembersihan di Khatib Bongsu," katanya. Selain para pelajar, penduduk Nee Soon juga telah ikut serta dalam kegiatan pembersihan ini.

Beliau juga memaklumkan bahawa para pelajar turut terlibat dalam perancangan pewujudan taman alam akan datang.

Beliau kagum dengan banyaknya idea yang dihasilkan olah mereka sewaktu sesi sumbang saran dengan pelbagai pihak yang berkepentingan. Beliau juga mengetengahkan aspek warisan Khatib Bongsu yang tidak harus dilupakan. "Orang dulu tinggal di Khatib Bongsu," jelasnya. "Selain para pelajar membersihkan kawasan itu, kami juga merancang untuk menubuhkan satu lagi kumpulan pelajar lain untuk melakukan penyelidikan dan berusaha mencari orang-orang yang pernah tinggal di sana. Ini termasuk usaha mendapatkan gambar-gambar lama, menemu ramah warga tua dan mengetahui tentang pengalaman mereka ketika tinggal di sana."

Bandar di Tengah Alam

Menurut Louis, cabaran jangka panjang adalah untuk kita berkompromi, iaitu mencari jalan tengah. "Akan ada perkara yang terpaksa dilepaskan. Saya percaya kita akan menemui keseimbangan antara pembangunan dan perlindungan ruang-ruang hijau. Kepsatan kemajuan ekonomi kini dapat bergerak seiringan dengan usaha pelestarian dan kemampanan alam. Itulah yang tersemat kuat di hati dalam apa jua yang kita lakukan bersama."

Usaha ini pasti berbaloi. Beliau berkongsi secebis kisah tentang apa yang boleh terjadi apabila alam sekitar diberi penjagaan. "Contoh yang baik ialah Hutan Simpanan Kawasan Tadahan Air Tengah. Jalan raya BKE melintasinya. Banyak haiwan tidak berani menyeberangi jalan raya. Kemudian, setelah kami membina Ecobridge, sesuatu yang indah berlaku. Haiwan mula menyeberanginya."

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"qurulkokoppbthru enn vavukkkeye nahn arppbnitttal, peryiy manhrrngknne unndakkkmudiyum ennpbth nahn unnrnttthn."

Kawasan Alam Kegemaran Louis

"Sungei Buloh, di mana saya berjalan-jalan dengan anak-anak saya sambil mengesan buaya, atau Khatib Bongsu, di mana kami sering berkayak."

Luayisukku ppiddttt iuyhkkk s tmmul

"enn pinngknkndun sngkay puylovil ndnttu sennr muhkkknknk tthvttu, alultu kattthi pppnkivil kayakk pdkup pbymm selvttu."

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