

Our Vision: Home With A Heart

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



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EMPOWERING OUR SUPERCLEANERS!



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Thank you, OUR CLEANERS

感谢清洁工友们!

Terima kasih kepada petugas
kebersihan kita!

எங்கள் துப்புரவு பணியாளர்களே, நன்றி!

Nee Soon Town Council (NSTC) co-organised a town-wide Cleaners' Appreciation Day, featuring a special flea market event, with social enterprise Barang For Your Buck (BFYB).

This unique experience is built on the theme of empowering our cleaners. Our cleaners were given a choice to pick items they would like to receive. This added a fun twist to the cleaners' appreciation event the town council regularly organises.

Every cleaner in Nee Soon was given the day off and a voucher booklet to redeem items of their choice from a wide selection of practical and affordable items, including a mix of female and male clothes, electronics, groceries, and household items. Volunteers from Migrant x Me also provided complimentary haircuts and a fun photobooth experience.

Our MPs were also present at the event to spend time with the cleaners and thank them personally for the good work done.

Majlis Perbandaran Nee Soon (NSTC) telah menganjurkan Hari Penghargaan Petugas Kebersihan, yang menampilkan acara pasar lambak khas, bersama dengan perusahaan sosial Barang For Your Buck (BFYB).

Pengalaman unik ini dibina atas tema memperkasakan para petugas kebersihan kita. Mereka dapat memilih barang-barang yang mereka ingin menerima. Acara ini membawa kelainan yang menyeronokkan kepada acara penghargaan petugas kebersihan yang sering dianjurkan oleh majlis perbandaran.

Setiap petugas kebersihan di Nee Soon diberikan cuti sehari dan buku kecil baucar untuk menebus barang pilihan mereka daripada pelbagai pilihan praktikal dan mampu milik, termasuk pakaian wanita dan lelaki, serta barang-barang elektronik, runcit dan kegunaan rumah. Sukarelawan dari Migrant x Me juga menyediakan khidmat gunting rambut secara percuma dan pengalaman gerai foto yang menyeronokkan.

Para Anggota Parlimen kita juga telah turut hadir di acara tersebut untuk meluangkan masa bersama para petugas kebersihan dan mengucapkan terima kasih kepada mereka secara peribadi kerana telah melakukan tugas yang baik.

义顺市镇理事会与社会为清洁工友们举办了“清洁工友感恩日”。其中的主要活动是与社会企业Barang For Your Buck (意指“旧物买卖”) 携手合作, 共同举办的跳蚤市场。

跳蚤市场这项活动不仅为清洁工友们增添乐趣, 更大的意义还在于赋予他们一点自主权, 让他们自由地选择自己所要领取的礼物。

每位在义顺社区服务的清洁工友都在当日放假一天, 同时获赠一本购物券小册子。他们可以使用购物券来兑换既称心又实用, 价廉物美的众多物品, 例如男女服饰、电子产品、食品杂货和家庭用具。另一家社会企业Migrant x Me (意指“客工与我”) 的义工们也为清洁工友提供免费理发及照相亭。

我们的议员们也到场与清洁工友们共度欢乐的时光, 并亲自感谢他们为市镇所做出的贡献。

நீ தூன் நகர மன்றம், 'பாராங் :பார் யுவர் பக்' (BFYB) என்ற சமூக நிறுவனத்துடன் இணைந்து, நகரம் முழுவதும் துப்புரவுப் பணியாளர்களின் பாராட்டுத் தினத்தை ஏற்பாடு செய்வதோடு ஒரு சிறப்பு சந்தை நிகழ்வையும் ஏற்பாடு செய்தது.

எங்கள் துப்புரவு பணியாளர்களுக்கு அதிகாரமளித்தல் என்ற கருப்பொருளைக் கொண்டு இந்த தனித்துவமான அனுபவம் கட்டமைக்கப்பட்டுள்ளது. எங்கள் துப்புரவு பணியாளர்களுக்கு அவர்கள் பெற விரும்பும் பொருட்களை தேர்வு செய்வதற்கு விருப்பம் வழங்கப்பட்டது. நகர மன்றம் வழக்கமாக நடத்தும் துப்புரவு பணியாளர்களின் பாராட்டு நிகழ்ச்சிக்கு இந்த அங்கம் ஒரு கேளிக்கை நிறைந்த திருப்புமுனையை சேர்த்தது.

நீ தூன்-இல் உள்ள ஒவ்வொரு துப்புரவுப் பணியாளருக்கும் ஒரு நாள் விடுப்பும், பெண்கள் மற்றும் ஆண்களின் உடைகள், மின்னணு பொருட்கள், மளிகைப் பொருட்கள், வீட்டு உபயோகப் பொருட்கள் ஆகியவற்றை உள்ளடக்கிய, மலிவு விற்பனையில் நடைமுறைக்கு ஏற்ற பலதரப்பட்டப் பொருட்களிலிருந்து தங்களுக்கு விருப்பமான பொருட்களை மீட்டுக்கொள்ள ஒரு பற்றுச்சீட்டுக் கையேடும் வழங்கப்பட்டது. 'மைக்ரண்ட் X மீ-யை (MIGRANT X ME) சேர்ந்த தொண்டுழியர்கள் இலவச முடித்திருத்தம் சேவை மற்றும் வேடிக்கையூட்டும் புகைப்படச் சாவடி அனுபவத்தையும் வழங்கினர்.

இந்நிகழ்வில் எமது நாடாளுமன்ற உறுப்பினர்களும் கலந்து கொண்டு துப்புரவுப் பணியாளர்களுடன் நேரத்தைச் செலவிட்டு, சிறப்பாகச் செயற்பட்டமைக்காக தனிப்பட்ட முறையில் அவர்களுக்கு நன்றியைத் தெரிவித்தனர்.



“ I'm very happy to observe what are the items that are popular, so that we can get to know a little more about their lives and the needs that they have.

— Ms Carrie Tan

”



“ This is a very unique experience, and I could sense, from my conversations with the cleaners, how they appreciated it.

— Associate Professor
Muhammad
Faishal Ibrahim

”

“ Many of them told me how much they liked the ability to pick and choose what they really need, and some, I saw, were buying clothes for even their kids.

— Mr Derrick Goh

”



“ Our cleaners work very hard to ensure we have a clean environment to live, work and play in, and I think we should work equally hard to make sure they are looked after and appreciated.

— Mr Louis Ng

”





All smiles as everyone poses with photobooth props



Fresh haircut courtesy of volunteer barbers



An estate cleaner sharing his buys: "Today I buy Bluetooth [headset], some for the light and for TikTok — wah, I cannot say anything, power!"



The flea market event was rated as 'fantastic' with two thumbs up



The little ones in our community showed their appreciation to our cleaners in their own special ways! In collaboration with NSTC, the children from preschool M.Y World @ Yishun Northland have written, illustrated and narrated a thank you letter, in the form of a video, dedicated to our cleaners.

Scan the QR code to enjoy the full heartwarming story!



BUILDING A COMPASSIONATE NEE SOON *with the Bone Marrow Donor Programme*



For the whole month of May, residents could spot an owl mascot carrying a life-saving message with a QR code around the estate — on digital screens, noticeboards, banners, void deck pillars and lifts!

This was part of the Bone Marrow Donor Programme's (BMDP) new initiative to raise awareness of blood-related diseases and the urgency to build the local marrow donor register to help patients find a match for a bone marrow transplant.

Every day, six Singaporeans are diagnosed with a blood-related disease such as leukaemia, lymphoma and myeloma. The reality of blood diseases is that they can strike anyone at any time, even people who are young and healthy. To some of those affected, a bone marrow transplant is their last chance of survival. If they are unable to find a match within their family, they turn to

BMDP, the only marrow donor registry in Singapore, to seek an unrelated marrow donor match. BMDP has only 115,000 donors in its registry. There is an urgent need to increase the number.

Echoing this message was Assoc Prof Muhammad Faishal Ibrahim, as he graced the official launch of this pilot initiative in Nee Soon Central on 7 May 2022. This collaboration was sparked by a call for help from a resident whose niece is battling leukaemia.

Together with grassroots leaders and the town council, BMDP walked around high-traffic areas around Nee Soon Central where they could educate residents and encourage marrow donor sign-ups.

It was heartening to see Nee Soon residents stepping forward to partake in the activities and also to sign up on the spot as marrow donors during the launch!



“Be part of this movement. Let’s show compassion and help BMDP find a donor for every patient.”
— Prof Faishal

Joining the register is easier than you think.

If you are aged between 18 to 49 and are in good health, you can register to be a potential marrow donor by scanning the QR code or visiting www.bmdp.org and following the simple steps below:



SCAN & REGISTER



RECEIVE YOUR SWAB KIT



DO A CHEEK SWAB & MAIL BACK



GET CALLED, IF YOU'RE A MATCH

The swab kit contains two buccal swabs, one for each side of the cheek. The process to do the cheek swab is easy. Simply:

1. Swab your left inner cheek in rotating motion for 40 seconds
2. Air dry the stick before gently placing it back in the folder
3. Repeat the same step for your right cheek

These swabs will be analysed and tested for HLA tissue markers which will be primarily checked against any patient who needs a transplant. If you are identified to be a match, you will receive a call from BMDP.

For more information on the Bone Marrow Donor Programme, visit www.bmdp.org.



KEEPING NEE SOON

Clean & Green

Clothes hangers, cigarette butts, disposable razors and empty toothpaste tubes.

These were some of the many items found lying around the Nee Soon estate during recent litter-picking events in Nee Soon Link and Nee Soon South. Held in conjunction with SG Clean Day, on 30 April and 22 May respectively, residents and grassroots leaders spent a fruitful morning keeping our neighbourhood litter-free while our cleaners get a well-deserved extra day off!

The residents of Nee Soon Link were joined by grassroots adviser Mr Derrick Goh, where they collected over 80 kilogrammes worth of trash! Thanking the volunteers for lending a hand, Mr Derrick urged residents to “help keep our precinct clean”.

Goodie bags prepared by resident volunteers from Jade Dew Residents’ Network were presented to town council cleaners, in appreciation of their efforts to keep Nee Soon spick and span.

After collecting litter together with grassroots adviser Ms Carrie Tan, Nee Soon South residents young and old listened to a talk conducted by the National Environment Agency on dengue prevention. Together, let us also fight the spread of dengue and protect our loved ones!



保持义顺市镇清洁与绿化

义顺岭和义顺南的基层领袖与居民最近在4月30日和5月22日举行捡垃圾活动，共同完成了一项有意义的活动，也取得丰硕的成果。他们花了整个早晨的时间，清除了既碍眼又污染环境的垃圾——包括遭废弃的衣架、烟蒂、剃须刀以至用尽的牙膏管等。与此同时，也让平日工作辛苦的清洁工友们享受应得的休息日！

基层顾问吴顺喜先生和居民齐心协力，总共捡起超过80公斤重的垃圾！吴顺喜先生感谢居民鼎力帮助之余，也呼吁居民“保持邻里清洁”。

Jade Dew 居民委员会的义工们也准备了礼包，派发给市镇理事会的清洁工友们，借此感谢他们劳苦功高，为保持义顺整洁所付出的努力。

义顺南的基层顾问陈澹敏女士也在捡垃圾活动之后，与居民一起聆听由国家环境局所举办，关于防止骨痛热症扩散的讲座。让我们也不忘齐心协力抑制骨痛热症扩散，保护好我们的亲人！



LITTLE ONES, Big Fun

Keseronokan untuk Kanak-Kanak



Nee Soon residents, are you on the lookout for fun activities for your children?

If the answer is yes, the Nee Soon East Kids' Club may be the answer. The newly established club organises activities for young ones every first Saturday of the month.

The club's very first activity was a Mother's Day flower craft workshop. Together with MP Louis Ng, participants carefully crafted beautiful foam flower bouquets that were sure to delight their recipients.

To stay updated on Nee Soon East Kids' Club's upcoming activities, please subscribe to Nee Soon East Community Club's WhatsApp broadcast list or social media pages. Parents are welcome to join in the fun too. We hope you and your children will have a great time together!



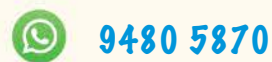
Para penduduk Nee Soon, adakah anda mencari aktiviti yang menyeronokkan untuk anak-anak anda?

Jika jawapannya adalah 'ya', Kelab Kanak-Kanak Nee Soon East mungkin tempatnya. Kelab yang baharu ditubuhkan ini menganjurkan aktiviti untuk kanak-kanak pada hari Sabtu pertama setiap bulan.

Aktiviti pertama kelab ini merupakan bengkel kraf bunga sempena Hari Ibu. Bersama-sama Anggota Parlimen Louis Ng, para peserta dengan teliti menggubah jambakan bunga buih yang cantik dan pasti mengembirakan penerimanya.

Untuk mengetahui aktiviti Kelab Kanak-Kanak Nee Soon East yang selanjutnya, sila melanggan siaran WhatsApp Kelab Masyarakat Nee Soon East atau ke halaman media sosial. Ibu bapa juga dialu-alukan untuk menyertai keseronokan. Kami berharap anda dan anak-anak anda akan bergembira bersama!

CONNECT WITH US:



Be Cool Again @ OASIS WATERPARK



Oasis Waterpark, located near Blk 307 Yishun Ring Road, reopened on 12 June 2022 amid relaxed COVID-19 restrictions, and just in time for the June school holidays!

Oasis Waterpark is free to the public and consists of three main play areas — including a slide, shallow pool, giant board games — for a full day of water play! A family-friendly destination, the water park also offers shower facilities, nursing rooms, sheltered rest areas, and umbrella deck chairs.

As soon as the long-awaited good news was announced on Facebook by MP Mr Louis Ng and Nee Soon Town Council, families with young children, from as far as Punggol, Woodlands and Sembawang, came in droves for a splashing fun among mist curtains, water sprays and shooters.

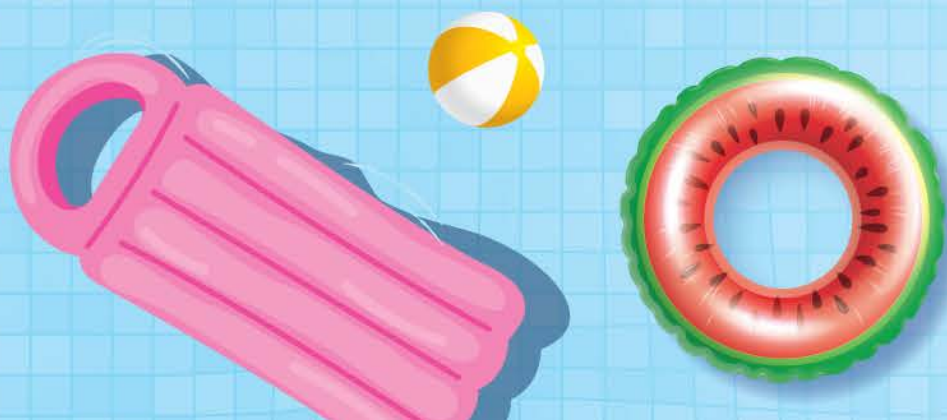
See what they have to say about Oasis Waterpark!

“ Oasis Waterpark is well designed, with plenty of space for children to move about so that they won't collide into one another. This waterpark is very clean, safe and well maintained; I don't spot any algae that result in slippery surfaces. I try to provide a different experience for my daughters, Rachel and Fiona. So we come here instead of the sandpits that we usually visit on weekends.

— Mr Jerome,
Punggol resident

“ As we live at Block 284, we usually visit Oasis Waterpark twice a month due to easy accessibility. My kids love the water. Moreover, it is open-air, windy, so I feel safer for them to play here. We really needed a breather, and now we can do more things instead of being cooped up at home.

— Mr Andy,
Yishun resident



I ♥ CHONG PANG

Street Gallery

IN CHONG PANG



The next time you walk past the hoardings surrounding the upcoming Chong Pang Integrated Development, take some time to stop and admire the beautiful illustrations and designs.

Awash in colour, the hoardings now feature photos, illustrations and storyboards depicting the history and heritage of Nee Soon.

You can expect to see stunning images of the former Chong Pang Community Club and Block 102, as well as gorgeous illustrations of Nee Soon Town from when it was part of Chye Kay Village. These were contributed by photographer Darren Soh, illustrator Sunny Ng, and 49 students from various Yishun schools.



TRACING BLOCK 102

Chong Pang Community Club has relocated to Block 126 in the meantime, but where have your favourite bakeries or hair salons at Block 102 moved to?

Discover their new locations and more on the microsite built by our hardworking volunteers in Nee Soon! Find out more about the upcoming integrated development in Chong Pang, as well as get the updates on its progress.

You will be pleased to know that many of our well-loved merchants have relocated within Nee Soon — Cardinal Hair Salon is now a few minutes away at Block 101, while Kim Hock Guan Kiat Kee, where many of us get our bak kwa from during Chinese New Year, has moved to Blk 106 Yishun Ring Road.

The new locations are organised by their original floor levels and include their original unit numbers in case you do not remember a particular store's name — taking you a trip down memory lane.

Do visit the microsite regularly for the latest news on the integrated development, and to submit any ideas or feedback that you may have.



Live, Work, Age In Place IN YISHUN

在义顺生活兼工作， 以至就地养老



One could say that Mdm Pua Ah Ling is a celebrity in Yishun. And not for the fact that she is related to actress Ms Pan Lingling, but because she is the longest-serving cleaner in Yishun! Now 81, Mdm Pua moved to Chong Pang 32 years ago and has since been working in Nee Soon Town Council.

“I felt it is fun to clean here and there, moving around and interacting with residents. I experience a certain degree of freedom. Few jobs allow you to talk and work at the same time.”

Few people also stay at a job for such a long time, but this modest senior tells us why Yishun is a special place to live, work and age in place.

潘亚玲女士在义顺是很有知名度的，这并非因为她与本地明星潘玲玲是亲戚。真正的原因是：她在义顺区，是服务最久的清洁工友！现年81岁的潘女士，32年前搬入忠邦区，自此一直在义顺市镇工作。

她娓娓道来：“在这里工作蛮有趣的。我不但能在不同地方负责清洁工作也能够同时与居民交流。我感觉上有某些程度的自由。很少工作岗位能让你一边工作，一边聊天。”

很少人能够长期坚守同一份工作，可见义顺是独具魅力的。这位谦逊的长者跟着向我们解释，义顺是如何成为她生活与工作的理想地方，也适于在地养老。

Community at the Heart of Transformation

After 32 years of living and working in Yishun, Mdm Pua has seen the transformation of Yishun from a backwater town to the matured yet contemporary town it is today.

Yishun is now cleaner, more orderly, and more convenient to move about. “Yishun is very convenient. I take bus service 804 to work and only need to walk a short distance to the blocks where I clean.” Mdm Pua shares what she likes about Yishun, including elderly-friendly features and healthcare amenities such as Yishun Polyclinic and Khoo Teck Puat Hospital. “My children and grandchildren are also overjoyed when they know that the new Chong Pang Integrated Development will be ready by 2027,” she added.

“I buy my vegetables from the same stall at Chong Pang Market. I also buy economy rice from the coffeeshop near my place, and have *cheng tng* (Chinese dessert) from the dessert stall at the food centre everyday,” she said. It is the comfortable routine, the friendly stallholders and residents that root her in Yishun. Mdm Pua feels a sense of warmth and belonging in a caring community.

Getting Support During COVID-19

As a cleaner, Mdm Pua’s daily tasks include sweeping and mopping two blocks, clearing trash, wiping, and disinfecting letterboxes on the ground floor. The COVID-19 pandemic has necessitated increased frequency in cleaning work and additional precautions; and to do all that well, Mdm Pua had to make changes to her routine. Mdm Pua took them in her stride and shared that, despite the changes, things were made easier due to the support from her community, MPs, and Nee Soon Town Council.

“I received goodie bags with sanitisers and masks. My supervisor, Mr Poh, also ensures I am well before I begin my work every day,” Mdm Pua smiled.

When asked about her secret to staying optimistic and energetic, belying her age, amid her work schedule, Mdm Pua advised: “Drink less cold water. Don’t fret too much, nor worry unnecessarily. An uncluttered, clear mind naturally leads to happiness.”

蜕变中的社区仍有凝聚力为核心

在义顺生活与工作了三十二年的潘女士，亲眼目睹了义顺如何从一个宁静偏僻的地带，蜕变成今日成熟而摩登的华丽市镇。

义顺现在已经比以前更为清洁卫生。说到交通，要去哪里也更加方便。她说：“在义顺，做什么都非常方便。我乘804号巴士去上班，走一下子就到我负责清理的政府组屋。”潘女士也分享义顺令她满意的点点滴滴，包括对乐龄人士友善的基础设施及医疗设施，如义顺综合诊所和邱德拔医院。她补充说：“我的孩子和孙子们一听到忠邦综合发展项目预计2027年竣工，都非常兴奋和期待。”

她继续说：“我习惯在忠邦巴刹向同一个人买菜，在靠近我家的同一间咖啡店里买杂菜饭，向同一个摊主买清汤。”这些让她感到舒适称心的生活习惯，态度友善的摊主和居民们，令她觉得自己在义顺扎了根。潘女士感觉生活在一个温馨的社区里，归属感也油然而生。

在冠病疫情期间取得援助

身为清洁工人，潘女士每天负责打扫两座政府组屋，清理垃圾以及把组屋楼下的信箱擦干净，并进行消毒的工作。随着冠病疫情的肆虐，清理设施的次数和防疫措施也跟着增加。潘女士因而必须在工作流程上做出适当的调整。对于这一切，她都处之泰然，并表示来自社区，议员们和义顺市镇理事会的支持，让她更容易实行这些应对的措施。

她笑说：“我收到关爱包，里面有消毒液和口罩。我的上司，保先生，也确保我在上班前，身体状况都是良好的。”

问她如何保持老当益壮，精神开朗，不惧工作忙碌，她分享了自己的秘诀：“少喝冷水。别担心太多，别把心思纠结在无关紧要的事情。一个人只要能够除却烦忧，思路清晰，自然会活得快乐。”



Mdm Pua and her supervisor, Mr Poh, sharing a moment

HELP KEEP Our Town Clean

BANTULAH MENJAGA KEBERSIHAN BANDAR KITA



It takes a community to keep an estate clean. Our town council cleaners work tirelessly to provide our residents with a clean and safe space to live. In addition to daily sweeping of blocks and regular washing of common areas and facilities, our town council cleaners help in the removal of bulky items, decluttering of corridors, etc.

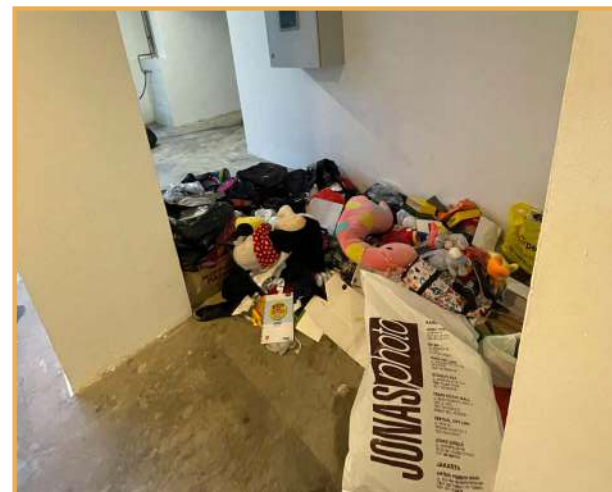
In some situations, such as hoarding, often a long-drawn-out process for our cleaners, residents and community at large, our town council cleaners need to make repeated visits to tidy common areas. One such case is a unit at Block 135, Yishun Street 11. A resident in her 80s with hoarding disorder filled up the common area outside her unit with items such as cardboard boxes and plastic products. She also hung plastic bags filled with aluminium cans and plastic bottles on a tree in front of her block. Residents acknowledged our town council cleaners' efforts in helping with the cleaning and decluttering, sharing that the common areas would revert to its original condition in a span of just two to three days, and lamented the resident's unwillingness to cooperate.

Indeed, cooperation from our residents is key to sustaining the work put in by our town council cleaners. Bulky items obstructing corridors and staircases; littering; and improper waste disposal not only pose health risks to the community, but they can also be harmful, for example when shards of broken bottles are found on the floor or when obstruction of corridors hamper evacuation during a fire. Cleaners from all divisions in Yishun share how we, too, can contribute to a clean and safe Yishun.

Menjaga kebersihan sebuah estet perumahan melibatkan seluruh masyarakat. Petugas kebersihan majlis perbandaran kita berusaha sedaya upaya untuk menyediakan kediaman yang bersih dan selamat bagi para penduduk kita. Di samping menyapu blok setiap hari dan membasuh kawasan dan kemudahan umum dengan kerap, petugas kebersihan majlis perbandaran kita juga membantu mengalihkan barang-barang yang sangat besar, mengemaskan koridor, dan sebagainya.

Dalam sesetengah situasi, seperti penimbunan barang, yang selalunya merupakan proses yang berlanjutan untuk para petugas kebersihan, penduduk dan masyarakat kita, petugas kebersihan kita perlu berulang kali mengemas kawasan umum. Satu kes sedemikian adalah sebuah unit di Blok 135, Yishun Street 11. Seorang penduduk berusia dalam lingkungan usia 80-an, merupakan seorang pengumpul barang sehingga kawasan umum di luar unitnya dipenuhi dengan benda-benda seperti kotak kadbod dan plastik. Penduduk tersebut juga menggantung beg plastik berisi tin aluminium dan botol plastik di atas pokok di hadapan bloknya. Para penduduk mengiktiraf usaha petugas kebersihan kita yang membantu membersihkan dan mengemas kawasan umum. Mereka berkongsi rasa bahawa kawasan tersebut akan kembali kepada keadaan asalnya dalam tempoh dua hingga tiga hari, dan mengeluh tentang penduduk tersebut yang tidak mahu bekerjasama.

Sesungguhnya, kerjasama daripada para penduduk adalah kunci untuk mengekalkan kerja baik yang dilakukan oleh para petugas kebersihan majlis perbandaran kita. Barang-barang yang sangat besar yang menghalang koridor dan tangga; membuang sampah di merata-rata tempat; dan melupuskan sisa dengan cara yang tidak betul bukan sahaja menimbulkan risiko kesihatan kepada masyarakat, malah perbuatan sebegini juga boleh membahayakan orang ramai. Contohnya, apabila serpihan botol kaca ditemui di atas lantai atau koridor yang terhalang boleh menghambat evakuasi semasa kebakaran. Petugas kebersihan dari semua bahagian di Yishun bersependapat bagaimana kita juga boleh menyumbang dalam menjaga kebersihan dan keselamatan Yishun.





“

It is common in our work to find junk or even food thrown beside litter bins and not inside them, inviting unwanted rodents, pests and insects. Residents should throw their rubbish inside the bins and not outside of them.

— Mr Rahmat Dawood, Nee Soon South

”

“

Adalah satu perkara biasa semasa bekerja kami menemui sampah atau makanan yang dibuang di sebelah tong sampah dan bukan di dalamnya, sehingga mengundang tikus, binatang-binatang kecil dan serangga yang tidak diingini. Penduduk patut membuang sampah mereka ke dalam tong dan bukan di luarnya.

— Encik Rahmat Dawood, Nee Soon South

”

“

When I come to work, I have to face litter that were not disposed of properly. I will proceed to remove them, often encountering things that can be harmful along the way, such as broken glass.

— Madam Sakdiah Mohammad, Nee Soon East

”

“

Apabila saya datang bekerja, saya perlu menghadapi sampah yang tidak dibuang dengan betul. Saya akan terus membuangnya dan pada masa yang sama sering menemui barang yang membahayakan, seperti kaca yang pecah.

— Puan Sakdiah Mohammad, Nee Soon East

”



“

I often see huge, bulky items such as sofa sets and cupboards being disposed of at our common areas. Residents can actually request the town council to get rid of the items for them.

— Madam Aisah Mohd Yusoff,
Nee Soon Central

”

“

சோபாசெட் மற்றும் அலமாரிகள் போன்ற பெரிய கனமான பொருட்களை அப்புறப்படுத்துவதற்காக பொதுஇடங்களில் வைக்கப்பட்டுள்ளதை நான் அடிக்கடி கண்டுள்ளேன். குடியிருப்பாளர்கள் நகர மன்றத்தை அணுகி அவற்றை அப்புறப்படுத்த உதவி கோரலாம்.

— திருவாட்டி ஆயிஷா முகமட் யூசோப், நீ சூன் சென்ட்ரல்

”

“

Cigarette butts on staircase landings form the bulk of the litter that I have to remove daily. When people smoke, I hope they will remember to clear the litter they have caused.

— Mr Ng Chee Tat, Nee Soon Link

”

“

我每天都打扫的垃圾，大部分是楼梯口的烟蒂。我希望居民们抽烟后会记得清掉垃圾。

— 义顺岭的黄志达先生 (音译)

”



“

When I sweep the corridors, I will mostly find a lot of flyers lying around. I hope our residents can dispose of them properly.

— Madam Loi Juat Jong,
Chong Pang

”

“

我清扫走廊的时候，总会见到满地都是传单。我希望居民们能够真确的处理这些传单。

— 忠邦区的黎月容女士 (音译)

”

TOWARDS A Dengue-Free Nee Soon

As COVID-19 winds down in Singapore, dengue cases continue to rise at an alarming rate. As of June 2022, over 12,000 dengue cases have been reported, up from 5,258 cases in the whole of 2021!

This year, the National Environment Agency (NEA) launched its annual National Dengue Prevention Campaign in March, ahead of peak dengue season from June to October. A new purple dengue alert banner has been introduced to higher dengue risk locations, where residents and stakeholders are encouraged to practise the Mozzie Wipeout at least once a week. The campaign, carried out islandwide over at least three months, aims to raise awareness of how the community can play their part and prevent mosquito breeding in their homes.

STOP DENGUE NOW
START YOUR MOZZIE WIPEOUT

HIGH Aedes MOSQUITO POPULATION IN THIS AREA. PLEASE REMAIN VIGILANT.
POPULASI NYAMUK Aedes TINGGI DI KAWASAN INI. HARAP BERWASPADA SELALU.
这一区的伊蚊数量偏高。请继续保持警惕。

இந்தப் பகுதியில் ஏடிஸ் கொசுக்களின் எண்ணிக்கை அதிகமாக உள்ளது. தயவுசெய்து விழிப்புடன் இருக்கவும்.

BREAK up hardened soil
LIFT and empty flowerpot plates
OVERTURN pails and wipe their rims
CHANGE water in vases
KEEP roof gutters clear and place BTI insecticide

Follow us and find out more
National Environment Agency

STOP DENGUE WITH B-L-O-C-K

进行灭蚊行动, 杜绝骨痛热症 HENTIKAN DENGGI DENGAN B-L-O-C-K B-L-O-C-K வழிமுறையின் மூலம் டெங்கியைத் தடுத்தது நிறுத்துங்கள்

<p>BREAK up hardened soil</p> <p>铲松干硬的泥土 Gemburkan tanah yang keras இறுகிப்போன மண்ணைக் கிளறிவிடுங்கள்</p>	<p>LIFT and empty flowerpot plates</p> <p>清除花盆低盘的积水 Telungkupkan piring pengalas pasu bunga பூந்தொட்டித் தட்டுகளிலுள்ள தண்ணீரை அகற்றிடுங்கள்</p>	<p>OVERTURN pails and wipe their rims</p> <p>倒置存放水桶并擦干水桶边缘 Telungkupkan baldi dan lap kering bibir baldi வாளிகளைக் கவிழ்த்து வையுங்கள். அவற்றின் விளிம்பு வளையங்களைத் துடைத்திடுங்கள்</p>	<p>CHANGE water in vases</p> <p>更换花瓶里的水 Tukarkan air dalam pasu bunga பூச்சாடிகளிலுள்ள தண்ணீரை மாற்றிடுங்கள்</p>	<p>KEEP roof gutters clear and place BTI insecticide</p> <p>疏通阻塞的屋顶檐槽并放置BTI杀蚊药 Bersihkan alur bumbung dan bubuhkan racun serangga BTI கூரை வடிகால்களைச் சுத்தம் செய்திடுங்கள். அவற்றில் பி.டி.ஐ. (BTI) பூச்சிக்கொல்லியை வைத்திடுங்கள்</p>
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PROTECT YOURSELF BY PRACTISING S-A-W

自我防护, 采取防蚊措施 LINDUNGI DIRI ANDA DENGAN MENGAMALKAN S-A-W S-A-W நடைமுறையை பின்பற்றி உங்களைப் பாதுகாத்துக் கொள்ளுங்கள்

<p>SPRAY insecticide in dark corners around the house</p> <p>喷杀虫剂 - 检查家中阴暗角落 Semburkan racun serangga di sudut-sudut yang gelap உங்கள் வீட்டிலுள்ள இருட்டான மூலைகளில் பூச்சிக்கொல்லியைத் தெளியுங்கள்</p>	<p>APPLY insect repellent regularly</p> <p>用驱蚊剂 - 定期防范 Sapukan ubat penghalau serangga selalu பூச்சிவிரட்டியைத் தவறாமல் பூசிக்கொள்ளுங்கள்</p>	<p>WEAR long sleeves and long pants</p> <p>穿长衣长裤 - 免蚊虫叮咬 Pakai baju berlengan panjang dan seluar panjang முழுக்கைச் சட்டைகள் மற்றும் முழுக்கால் சட்டைகளை அணியுங்கள்</p>
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PROJECT WOLBACHIA IN YISHUN

Did you know that Yishun was one of two test towns for Project Wolbachia when it first began in 2016?

As of March 2022, male *Wolbachia-Aedes* mosquitoes have been released throughout Yishun Town to help fight dengue!

In test sites with prolonged male *Wolbachia-Aedes* mosquito releases:

- Up to 98% reduction in the *Aedes* mosquito population
- Up to 88% reduction in dengue cases
- 70% less dengue cases in current dengue outbreak (compared to similar areas without Project Wolbachia)

Thanks to the support of residents in preventing mosquito breeding, *Aedes* mosquito population has remained low. Even with good results, releases must continue to prevent resurgence of *Aedes* mosquitoes.

Through our combined efforts, we can keep Nee Soon dengue-free!

Check out the release schedule in Yishun at go.gov.sg/wolbachia.

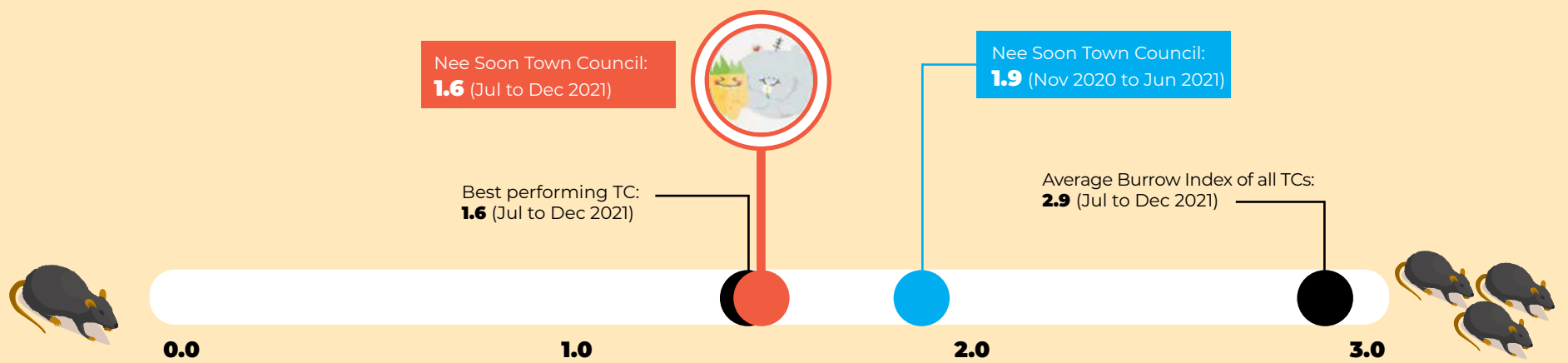
DENGUE RISK ALERT LEVELS

HIGH DENGUE RISK. PLEASE BE VIGILANT.	DENGUE CLUSTER ALERT! 2 TO 9 CASES.	DENGUE CLUSTER ALERT!! MORE THAN 9 CASES.	DENGUE CLUSTER CLOSED. PLEASE REMAIN VIGILANT.
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Download the myENV app to keep posted on dengue and *Aedes* mosquito alerts!

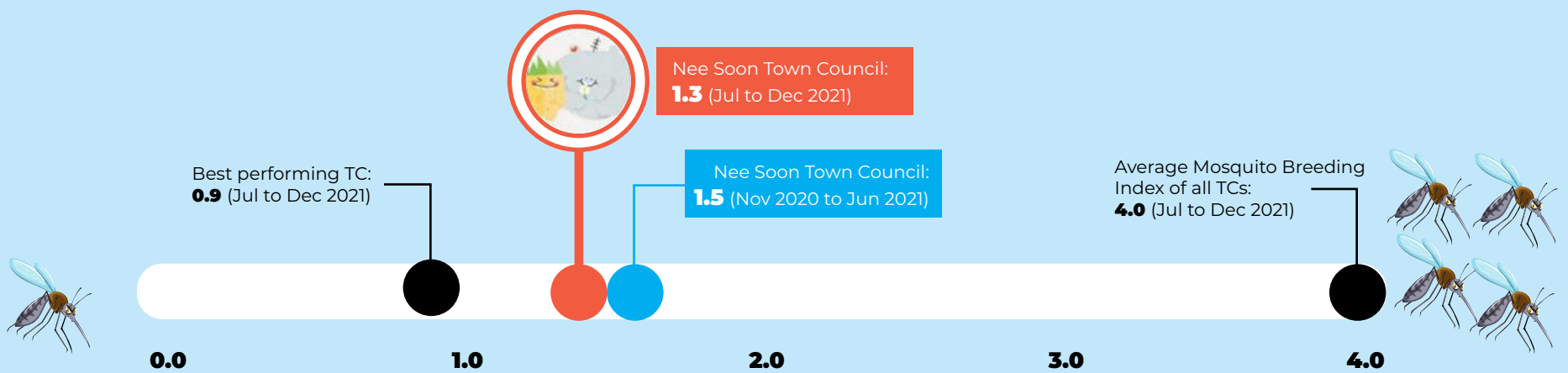


FEWER RODENT BURROWS IN NEE SOON!



*Note: The average rat Burrow Index (BI) was calculated by using the average BIs of all TCs from July - December 2021

FEWER CASES OF MOSQUITO BREEDING REPORTED IN NEE SOON!



*Note: The average Mosquito Breeding Index was calculated by using the average number of mosquitoes detected across all TCs from July - December 2021

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 always tired after work. I feel tense when given a task or asked a question. I get nervous, confused easily. Could you advise me on what to do?

**Yours sincerely,
Exhausted Professional**

Dear Exhausted Professional,

From what you have shared, it appears that your tenseness arises from stress.

While stress is not always negative, too much of it puts us on edge and drains our energy. Does the stress you face come from self-doubt, or nervousness that you may not be able to meet expectations? Do you also feel like you aren't good enough at work?

If it does, do know that your supervisors may think differently! Have a conversation with them, find out what they think of your performance, and identify some areas you can upskill in to feel more confident in yourself. You could also explore a new career if you have evaluated your current role to be a mismatch, but you will have to be confident that these issues will not happen again.

**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.



Sudoku


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

Answer

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

Difficulty Level: Easy

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 9350 9004
Email: mps@chongpang.org
Operating hours: Tuesdays 7.30pm onwards (except PH & eve of PH)
f K Shanmugam Sc i kshanmugam_ v 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 i 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: Louising4nse@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 i louisingkokkwang

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 461 Yishun Ave 6, #02-01, Singapore 740461
Email: derrickgohsh.mps@gmail.com
Operating hours: Mondays 7.30pm - 9.30pm
(first 4 Mondays of the month, except PH & eve of PH)
f i derrickgohsh

NEE SOON SOUTH



Ms Carrie Tan Huimin
MP for Nee Soon GRC
Vice-Chairperson 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 i carriantcares

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)



Essential Maintenance Service Unit (EMSU)
After office hours: 1800 241 7711



NEE SOON TOWN COUNCIL
Tel: 6758 0129
Email: feedback@nstc.org.sg

f Nee Soon Town Council
i neesoontc
v Nee Soon Town Council
d NeeSoonTC



AGE IS NO BARRIER TO SERVING THE COMMUNITY

Passion, creativity and a generous heart are the real ingredients in the home-cooked meals Mdm Alice Ong prepares for the seniors in her community. Alice, or endearingly known as Auntie Alice, is active, has a cheerful demeanour and radiates positivity. A senior herself at 62 years of age, it does not stop her from contributing to her community. “Give in any way you can,” she says wholeheartedly.

This sprightly lady cooks a lunch meal once a month for 15 seniors who do not have access to healthy food all the time. Her noble endeavour is part of the Blessed Food Blessed Life project that was launched by TOUCH Active Ageing (TAA) at Block 436 in Yishun in November 2020, during the pandemic, as a volunteering platform for seniors to cook for their frail and less mobile neighbours. Auntie Alice shared modestly about her involvement in the project, but she is, in actual fact, the catalyst for this project. She was at the TOUCH office to donate a few items when the staff on duty learnt that she is a skilled cook, and thus an idea was born.

USIA BUKAN PENGHALANG UNTUK BERKHIDMAT KEPADA MASYARAKAT

Keghairahan, kreativiti dan kemurahan hati adalah ramuan sebenar masakan yang disediakan di rumah oleh Puan Alice Ong untuk warga emas di dalam masyarakatnya. Alice, atau dikenali sebagai Auntie Alice, adalah seorang yang aktif, mempunyai perilaku yang ceria dan memancarkan sikap positif. Walaupun beliau sendiri seorang warga emas berusia 62 tahun, faktor usia ini tidak menghalangnya daripada menyumbang kepada masyarakat. “Berikan apa juga yang anda boleh,” katanya dengan sepenuh hati.

Wanita yang cergas ini memasak untuk makan tengah hari sebulan sekali untuk 15 orang warga emas yang tidak sentiasa mempunyai akses kepada makanan yang sihat. Usaha mulia beliau adalah sebahagian daripada projek Blessed Food Blessed Life yang dilancarkan oleh TOUCH Active Ageing (TAA) di Blok 436 di Yishun pada November 2020, semasa pandemik, sebagai platform yang dilakukan secara sukarela untuk warga emas memasak buat jiran mereka yang uzur dan mengalami kesukaran bergerak. Dengan penuh rendah diri, Auntie Alice berkongsi akan penglibatannya dalam projek tersebut, walaupun beliau sebenarnya merupakan pemangkin bagi projek berkenaan. Beliau berada di pejabat TOUCH untuk menderma beberapa barang apabila kakitangan yang bertugas di sana mendapati bahawa beliau adalah seorang yang mahir memasak. Dari situlah satu idea tercetus.



Filling Tummies, Touching Hearts

Some of Auntie Alice's well-loved dishes are braised pork, sweet and sour pork, and Thai fried rice. As she used to cook for a kindergarten, she applies the same rule of thumb when cooking for the elderly — more vegetables, and less oil and salt. The greens in her dishes are mostly grown in and contributed by the schools and community gardens nearby, making this a truly community-based project.

Auntie Alice also prepares healthy desserts for her recipients that often include fruits. Her meals are a hit with seniors who receive them. One of them is a man from the pioneer generation with mild cognitive issues and slow mobility. Despite that, every month, without fail, you can find him collecting his meal at the TOUCH office because he truly appreciates the home-cooked food prepared by Auntie Alice.

Mission to Enrich Lives

Auntie Alice's bigheartedness is contagious — her neighbours, inspired by her, have stepped forward to assist her in meal preparation for the seniors. They help in any way possible including packing and distributing meals. Auntie Alice believes that through giving "our lives will be enriched for generations to come". Indeed, her infectious passion spurred weekly meal distributions at Block 162 in Yishun not long after.

As Mr Andy Ang, the centre manager for TOUCH Community Services, says, "We have to be aware of the assets and resources from within our own community that we can tap on. When the community comes together for a project like this, it becomes very meaningful."

The Blessed Food Blessed Life project is in line with TAA's Yes2HealthyLife project, also piloted in 2020, to help seniors achieve physical and mental wellness and to delay and prevent frailty and dementia. "We believe that exercise, good nutrition and volunteerism will enable our seniors to live healthily and age well," concludes Mr Ang.



Mengenyangkan Perut, Menyentuh Hati

Beberapa hidangan Auntie Alice yang digemari ramai adalah daging babi yang ditumis-reneh, daging babi masam manis dan nasi goreng ala Thai. Oleh sebab beliau pernah memasak bagi sebuah tadika, beliau menggunakan panduan yang sama semasa memasak buat warga emas — lebih sayur-sayuran, serta kurang minyak dan garam. Sayur-sayuran di dalam hidangannya kebanyakannya ditanam dan disumbangkan oleh sekolah dan kebun masyarakat yang berdekatan, menjadikan projek ini benar-benar berasaskan masyarakat.

Auntie Alice turut menyediakan pencuci mulut yang sihat yang selalunya mengandungi buah-buahan. Masakannya amat popular di kalangan warga emas yang menerimanya. Salah seorang daripada mereka ialah seorang lelaki daripada generasi perintis yang mempunyai gangguan kognitif ringan dan pergerakan yang perlahan. Walaupun begitu, setiap bulan dengan pastinya anda boleh melihatnya mengambil makanannya di pejabat TOUCH kerana beliau sangat menghargai masakan yang disediakan dari rumah oleh Auntie Alice.

Misi Memperkaya Kehidupan

Sifat murah hati Auntie Alice bagaikan berjangkit — jiran-jirannya terpengaruh dan telah tampil ke hadapan untuk membantu beliau menyediakan makanan bagi warga emas. Mereka membantu dengan apa cara sekalipun, termasuk membungkus dan mengagihkan makanan. Auntie Alice percaya bahawa jika kita memberi "hidup kita akan diperkayakan buat generasi akan datang". Sesungguhnya, kehairahannya yang bagaikan berjangkit itu mendorong pengagihan makanan mingguan di Blok 162 di Yishun tidak lama kemudian.

Seperti yang dikatakan oleh Encik Andy Ang, pengurus pusat bagi Perkhidmatan Masyarakat TOUCH, "Kita harus peka terhadap aset dan sumber dalam kalangan masyarakat kita sendiri yang boleh kita manfaatkan. Apabila masyarakat bersatu untuk projek seperti ini, perkara ini menjadi sangat bermakna."

Projek Blessed Food Blessed Life sejajar dengan projek Yes2HealthyLife, yang juga dirintis oleh TAA pada tahun 2020, untuk membantu warga emas mencapai kesejahteraan fizikal dan mental serta melambatkan dan mencegah keuzuran dan demensia. "Kami percaya bahawa senaman, pemakanan yang baik dan sukarelawan akan membolehkan warga emas kita hidup sihat dan menua dengan sebaik-baiknya," kata Encik Ang.

