

Tampines

Tempo

September 2018 - June 2019



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OUR HOME, OUR HEART OUR TAMPINES



P4
Painting Our
Environment Green



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Green-ing It Up



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The Little Things That Matter Big

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CHAIRMAN'S MESSAGE

We had a joyous start to 2019, with the New Year countdown event at Our Tampines Hub, and various Chinese New Year celebrations that were held across Tampines. We hope you have had a great time with your family, friends and neighbours.

I am privileged to have been given the opportunity to be the chairperson for the Tampines Town Council, a role that I assumed since September 2018. It has been a rewarding experience serving the community with the councillors and colleagues from the Town Council. With the support of residents, we are committed to do our best to improve our Tampines town and make it a home that we are proud of.

We will continue to work with our residents to raise environmental awareness with interesting and engaging projects around the estate. For the Tree Planting Carnival 2018, we were encouraged by the tremendous support by residents from all parts of Tampines coming together as one big family to mark our green Tampines, and to nurture our green heritage.

Besides the tree planting carnival, there were also various collaborative efforts across Tampines to paint rubbish bins and kindness murals near bin centres. We all have a part to play in the cleanliness of our estate and beautifying it. We will continue with more initiatives in 2019, to make positive changes to our environment.

Thank you for your continued support. My fellow MPs and I would like to take this opportunity to wish you and your family the best of health and a great year ahead!

Sincerely yours,
Cheng Li Hui
Chairman
Tampines Town Council



亲爱的淡滨尼居民，

我们在淡滨尼天地举办了跨年倒数派对迎接2019年，而淡滨尼区的各个角落也进行了各种农历新年庆祝活动。希望您与家人、朋友和邻居们共度了一段美好时光。

自2018年9月起，我很荣幸担任淡滨尼市镇理事会的主席。能与理事会的议员和同事一起为社区服务使我收获丰富。在居民的支持下，我们致力改善我们的淡滨尼市镇，使它成为我们引以为荣的家园。

我们将继续与居民合作，透过有趣及具互动性的活动项目提高环保意识。在2018年的植树嘉年华上，淡滨尼各方的居民聚集在一起，为我们的绿色淡滨尼植树培养我们的绿色遗产。居民的大力支持使我们感到鼓舞。

除了植树嘉年华之外，我们也在淡滨尼区各个地方透过各种合作方式，为垃圾桶涂上颜色，并在垃圾收集站附近绘制行善的壁画。我们每个人都为市镇清洁和美化尽一份力。在2019年我们将继续采取更多举措，为我们的环境做出更好的改变。

感谢您一直以来的支持。我区的议员们和我谨借此机会祝愿您和您的家人身体健康，前程似锦！

鍾麗慧主席
淡滨尼市镇理事会

Para Penduduk Tampines yang dihormati,

Kami memulakan 2019 dengan meriah, dengan acara sambutan Tahun Baru di Hab Tampines Kita, dan pelbagai sambutan Tahun Baru Cina yang diadakan di merata Tampines. Kami berharap anda bergembira meluangkan masa bersama keluarga, rakan-rakan dan jiran-jiran anda.

Saya amat berbesar hati kerana diberi peluang untuk menjadi pengerusi Majlis Perbandaran Tampines, peranan yang saya ambil sejak September 2018. Ia merupakan pengalaman yang berharga untuk berkhidmat kepada masyarakat bersama-sama anggota-anggota dan rakan sekerja dari Majlis Perbandaran. Dengan sokongan para penduduk, kami komited untuk memperbaiki bandar Tampines kami dan menjadikannya tempat tinggal yang kami banggakan.

Kami akan terus bekerjasama dengan para penduduk untuk meningkatkan kesedaran alam sekitar dengan projek-projek seronok dan menarik di sekitar estet. Bagi Karnival Menanam Pokok 2018, kami terdorong dengan sokongan besar yang ditunjukkan oleh para penduduk dari seluruh kawasan Tampines yang datang bersama sebagai satu keluarga besar untuk menandakan Tampines hijau kami dan untuk memelihara warisan hijau kami.

Selain karnival menanam pokok, terdapat juga pelbagai usaha kerjasama di sekitar Tampines untuk mengecat tong sampah dan melukis mural-mural kebaikan berhampiran pusat-pusat sampah. Kami semua memainkan peranan dalam memastikan kebersihan estet dan mencantikkannya. Kami akan meneruskan lebih banyak inisiatif pada tahun 2019, untuk membuat perubahan positif pada persekitaran kita.

Terima kasih atas sokongan anda yang berterusan. Saya dan rakan-rakan MP saya ingin mengambil kesempatan ini untuk mengucapkan kepada anda sekeluarga selamat tahun baru, semoga sentiasa sihat walafiat!

Salam hormat,
Cheng Li Hui
Pengerusi
Majlis Perbandaran Tampines

அன்புள்ள தெம்பனிஸ் குடியிருப்பாளர்களே

தெம்பனிஸ் மையத்தில் புத்தாண்டு வரவேற்பு நிகழ்ச்சியுடன் தெம்பனிஸ் முழுவதும் பல்வேறு சீனப் புத்தாண்டுக் கொண்டாட்டங்களுடன் 2019ஐ மகிழ்ச்சியுடன் தொடங்கினோம். நீங்கள் உங்களது குடும்பத்துடன், நண்பைர்கள் மற்றும் அண்டைவீட்டார்களுடன் ஒரு மகத்தான நேரத்தைப் பெற்றிருப்பீர்கள் என நம்புகிறேன்.

நான் தெம்பனிஸ் நகர மன்றத்தின் தலைவராக வாய்ப்பு பெற்றதற்கு பெரும் பாக்கியமாக கருதுகிறேன். இந்த பணியை செப்டம்பர் 2018இல் ஏற்றுக்கொண்டேன். நகர மன்றத்தின் ஆலோசகர்கள் மற்றும் சக ஊழியர்களுடன் சமுதாயத்திற்கு பணியாற்றுவது பலனளிக்கும் ஒரு அனுபவமாக இருந்தது. குடியிருப்பாளர்களின் ஆதரவால் தெம்பனிஸ் நகரத்தை மேம்படுத்துவதோடு பெருமைப்படும் அளவிற்கு ஒரு இல்லமாக உருவாக்குவதில் நாங்கள் கடப்பாடு கொண்டுள்ளோம்.

பேட்டையைச் சுற்றி சுவாரசியமான மற்றும் ஈடுபாடு காட்டக்கூடிய திட்டங்களால் சுற்றுச்சூழல் விழிப்புணர்ச்சியை உயர்த்த நாங்கள் குடியிருப்பாளர்களுடன் தொடர்ந்து பணியாற்றுவோம். 2018-இல் மரம் நட்டும் விழாவுக்கு, பல்வேறு பகுதிகளில் இருந்து குடிமக்கள் தந்த அமோக ஆதரவினால் நாங்கள் ஊக்குவிக்கப்பட்டுள்ளோம். பசுமையான தெம்பனிஸை குறிக்கவும் நமது பசுமை மரபுடைமையை பராமரிக்கவும் குடியிருப்பாளர்கள் ஒன்றுகூடி ஒரு குடும்பமாக திரண்டு வந்து பேராதரவு தந்ததால் நாங்கள் உற்சாகமடைந்துள்ளோம்.

மரம்நட்டும் விழாவோடு பல்வேறு கூட்டு முயற்சிகள் தெம்பனிஸ் முழுவதும் இடம்பெற்றுள்ளன. குப்பை மையங்களின் அருகே சுவர்களில் கனிவு சார்ந்த ஓவியங்கள் வரைவதும் குப்பைத் தொட்டிகளைச் சாயம் பூசுதல் போன்றவை இடம்பெற்றன. நமது பேட்டையின் தூய்மைக்காகவும் எழிலுக்காகவும் நம் அனைவருக்கும் ஒரு பங்கு உண்டு. 2019-இல் புதிய திட்டங்களுடன் தொடர்ந்து சுற்றுச்சூழலுக்கு நல்ல மாற்றங்களைச் செய்வோம்.

உங்களது தொடர்ந்த ஆதரவுக்கு மிக்க நன்றி. என் சக நாடாளுமன்ற உறுப்பினர்களும் நானும் இந்த சந்தர்ப்பத்தில் நீங்களும் உங்கள் குடும்பத்தாரும் நல்ல சுகாதாரத்துடன் சிறந்த ஓர் ஆண்டை அடைவீர்கள் என்று வாழ்த்துகிறோம்.

மாதாந்திர அக்கம்பக்கத்து மையத்தை கழுவதல்

COMPLETED PROJECTS



New Playground -
Block 878, Tampines Avenue 8



Painting - Block 324-331, Tampines Street 32
Block 338-340, Tampines Street 33



New Playground -
Block 163, Tampines Street 12



New Multi-Generation Fitness Corner -
Block 267, Tampines Street 21



New Fitness Corner -
Block 842, Tampines Street 82



New Senior Citizens Corner -
Block 145, Tampines Street 12



New Fitness Corner -
Block 498J, Tampines Street 45



Upgrading of Playground -
Block 707, Tampines Street 71



New Community Garden - Block 858, Tampines Avenue 5



Upgrading of Senior Citizens Corner - Block 864A, Tampines Street 83



Upgrading of Playground and Fitness Corner - Block 424, Tampines Street 41



Upgrading of Hardcourt - Block 730, Tampines Street 71



Upgrading of Fitness Corner - Block 408, Tampines Street 41

Estate Management Goes Digital

Did you know that cleaners used to “make music” to make their presence known when sweeping the corridor? Imagine the clanging of broom and dustpan greeting you every morning!

Not wanting to revive the musical route, yet determined to ascertain and reduce the number of “no sweeping” feedback from residents, Tampines Town Council (TTC) officially launched the Estate Monitoring System (EMS). The EMS uses vertical positioning technology to capture information on cleaners’ routes while they tidy the estate.

As the first Town Council to implement this initiative in August 2018, we have seen a 38% reduction in “no sweeping” feedback received, from 254 cases (Jun – Aug) to 156 cases (Sep-Nov).

“The EMS is part of our effort to provide better services through smart technology. By embracing digital innovation, TTC can more effectively monitor the completion of our cleaners’ work, thereby allowing our residents to live in a cleaner and greener neighbourhood. EMS also cares for cleaners in situations of dispute regarding their cleaning schedules and routes,” says Ms Cheng Li Hui, Chairman of TTC.

The system is currently being used for some 530 blocks, covering four of five divisions in Tampines, namely, Central, Changkat, East, and West. It will be implemented in Tampines North with the renewal of its cleaning contract.



Painting Our Environment Green



In an attempt to encourage residents not to litter, Tampines Town Council collaborated with Tampines Kindness Movement to paint kindness murals on the walls near rubbish bins at the void decks of Blks 125 and 286 in Tampines.

Mr. Yuen Kum Cheong is the talented artist behind the paintbrush for this visually attractive project. Together with residents, he brought a sense of ownership to an area where trash dumping was initially a problem.

Vivid colours were used to bring about a sense of positivity and kindness, encouraging residents to maintain the cleanliness of the area by refraining from depositing bulky trash and items around the trash bin.



LED There Be Light

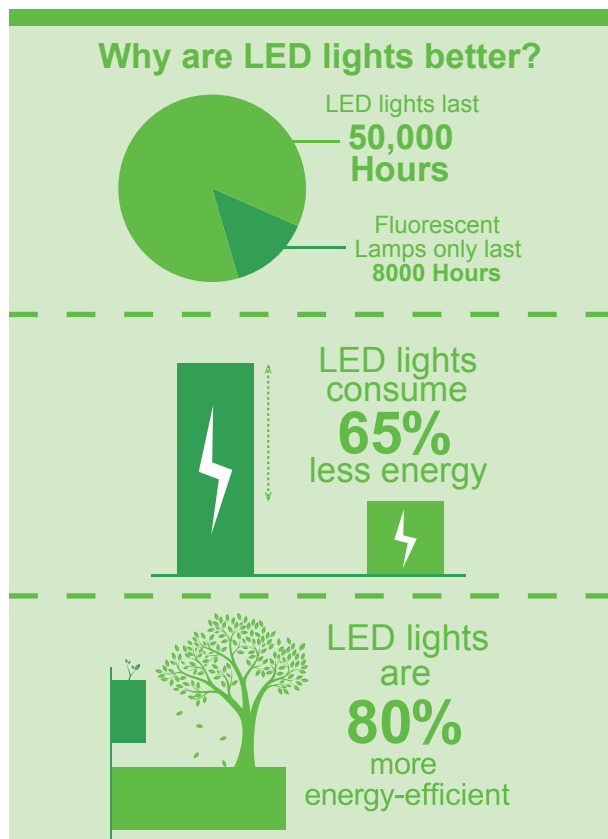


Before LED lights installation



After LED lights installation

Tampines is now brighter as new Light Emitting Diode (LED) lights are being installed at HDB blocks, open spaces and car parks. The exceptional brightness is attributed to LED's distinct light distribution. Not only does this enhance the safety of our shared spaces, the switch from traditional light sources to LED is an effective means of reducing our carbon footprint.



Throughout Tampines, the Town Council has installed new LED lights which have now replaced existing public lightings at HDB blocks, open spaces and car parks.

The lifespan of LED lights surpasses that of traditional ones by up to six times. This reduces the frequency of replacements, leading to cost and resource savings, as well as reliability of lightings at our common spaces. In addition, unlike fluorescent lights that contain harmful chemicals such as mercury, LEDs contain no toxic elements and can be disposed of safely.

The Town Council has already noted a reduction in energy consumption and will continue to explore ways of using technology to build a more energy and cost-efficient town.

Feeding Pigeons?



In March 2018, Tampines Town Council (TTC) launched 'Love Me Don't Feed Me' at Blk 343 Tampines Street 33 to deter residents from feeding the pigeons.

The rise in the number of pigeons is due largely to frequent feeding of these animals by residents. While some do it out of compassion, the act contributes to potential hygiene issues. For example, food left behind attracts other pests, contributing to a dirtier environment and spreading of diseases.

The number of complaints received by TTC was displayed on banners that were hung within the residential area, starting with Block 343, Tampines Street 33.

Together with several message boards that conveyed the frustrations of other residents,

the installation also served as a reminder that it is against the law to feed pigeons. Anyone caught can be fined up to \$500.

The installation was followed by a string of public education posts over at TTC's Facebook page to further enhance the message. One of the posts explained how residents could show their love for the neighbourhood bird instead of feeding it.

Feeding pigeons increases the rate of its reproduction, and hence, rapidly multiplying its population. It also changes their palate to prefer food consumed by humans. Moreover, pigeons are natural scavengers and will find their own food source. So let your neighbours know: *if you love pigeons, don't feed them!*

Say YES!

An initiative to enhance the living environment for residents, the Neighbourhood Renewal Programme brings block and precinct improvements to all eligible estates.

At the Public Consultation sessions held on 18 August 2018, Tampines North and East residents showed enthusiastic support by providing invaluable feedback on the proposed improvement plans exhibited. With families in tow, residents listened intently to the architects as they explained details of the artist's impressions, and took part in fringe activities organised.

Joining the residents from Blk 230 A to J was Ms Cheng Li Hui, MP for Tampines GRC, who gave a warm address before sharing more on the plans in store for the precinct. She also engaged with residents who were keen to understand more about the proposed improvements and took in their suggestions.

Fully funded by the government, residents can look forward to exciting changes coming to the neighbourhood as long as 75 per cent of the eligible households vote "yes" to the project!



National Day Awards

10 Tampines Grassroots leaders were recently given recognition for their invaluable contributions to the community.

The Singapore National Day Awards are a means of recognising various forms of merit and service to Singapore. Recipients are shortlisted based on a set of stringent criteria and an elaborate system of assessment, before being sent to the Cabinet for clearance and to the President for final approval. For PBM (Public Service Medal) and BBM (Public Service Star), grassroots leaders must satisfy the minimum time in service before they are deemed to be eligible to be nominated.

As the award is one of highest level of recognitions by the state, PBM and BBM are awarded to grassroots leaders who have made significant contributions to the society in the areas of community engagements. The BBM(L) is awarded to one who has been previously awarded the BBM.

The BBM was instituted in 1963 is awarded to individuals who have contributed invaluable public service to

the people of Singapore, or who have distinguished themselves in the field of arts and letters, sports, the sciences, business, the professions and the labour movement.

The PBM, on the other hand, was instituted in 1973, and may be awarded to anyone who has rendered commendable public service in Singapore, or for their achievement in the various fields, including arts and letters, sports, the sciences, and business.

Our heartiest congratulations to the 10 grassroots leaders of Tampines for the commendable efforts towards making Tampines a better home for residents.

★ ★ Public Service Star (Bar) ★ ★



Mr Tan Nguan Teck,
BBM (L)
(Tampines Changkat)

★ ★ Public Service Star ★ ★



Mr Ho Ji Meng,
BBM
(Tampines Central)



Mr Soh Nga Kok,
BBM
(Tampines East)



Mr Wong See Choon,
BBM
(Tampines North)

★ ★ Public Service Medal ★ ★



Mdm Chong Sook Fong,
PBM
(Tampines Central)



Mdm Lim Bee Lian,
PBM
(Tampines Changkat)



Mdm Ramlah Binte Rimon,
PBM
(Tampines North)



Mr Seah Kah Long,
PBM
(Tampines West)



Mdm Sim Sai Gin,
PBM
(Tampines West)



Mr Tan Chin Leong,
PBM
(Tampines East)



GREEN-ING IT UP

Tree Planting Carnival 2018 was the biggest tree planting event to hit Tampines yet. Instead of separate events for the five divisions, we held a huge carnival for all residents to come together in the heart of Tampines.

The response was overwhelming, with around 1,000 residents showing up to be part of the fun. The event saw a huge participation from residents as they joined the MPs for Tampines GRC to plant 10 Hopea odorta trees at Tampines Central Park. This tree is strong with medicinal properties, and was specially selected for

being low maintenance, as well as for its well-shaped crown which makes it ideal for providing shade.

Not only were trees planted, residents also got a chance to build their own mini terrariums, exchange their recycled materials for cash, learn about climate action and enjoy free carnival snacks and games.

Everyone had tons of educational fun, and walked away with a heightened sense of environmental awareness.



HAPPENINGS IN TAMPINES



OTH Ushers In 2019 With All-Day Festivities!

Our Tampines Hub (OTH), Singapore's first and largest integrated community and lifestyle hub, ushered in 2019 with the debut of a combination of fireworks, laser showcase and wave flames display for the first time ever as part of its year-end celebrations at the Town Square.

The event, that saw a turnout of over 100,000 people, was graced by Advisers to Tampines Grassroots Organisations: Mr Heng Swee Keat, Deputy Prime Minister and Minister for Finance, along with Mr Masagos Zulkifli, Minister for the Environment and Water Resources, Mr Desmond Choo, Mayor of North East District, Mr Baey Yam Keng, Senior Parliamentary Secretary, Ministry of Transport & Ministry of Culture, Community and Youth and Ms Cheng Li Hui, Chairman of Tampines Town Council. There was a string of fringe activities, including a food bazaar to raise funds for beneficiaries Lions Befrienders and St Andrew's Community Hospital, sporting activities and try-outs, line dancing and two movie marathons.

Free access was also granted to the swimming complex, gym, community auditorium and Arena. Residents were treated to a spectacular display of wave flames, a visual wave delivering unique flame effects, combining fast and accurate flame surges in a variety of angles, which was accompanied by laser and fireworks for about 10 minutes at the stroke of midnight on 31 December 2018.

An exclusive gift, comprising a reusable stainless steel straw set, was given out on a first-come, first-served basis, for all spectators who accessed the Town Square from 10pm to catch the fireworks. The unique door gift has been specially designed by OTH as part of its ongoing commitment to promote a sustainable ecosystem at the Hub.



Tampines Welcomes The Year Of The Boar

On the weekend of 9 and 10 February 2019, more than 2,000 participants comprising residents, stakeholders, community partners and volunteers joined us in Lunar New Year Celebrations held across Tampines. From the Festive and Central Plazas at OTH, to the Tampines West Neighbourhood (N8) open compound, everyone soaked up the festive mood as they cheered to well wishes amid boisterous celebrations.

A traditional local favourite of many, the Lo Hei is a prosperity dish featuring a variety of ingredients tossed with gusto as auspicious phrases are belted out to toast to better prospects and good fortune in the year ahead. Tampines Grassroots Adviser, Ms Cheng Li Hui, graced the mass Lo Hei event with the crowd that included three-generation families and even foreign guests of Tampines residents.

Separately, celebrating with a sumptuous full course dinner, Minister Masagos Zulkifli spent the evening with residents as they enjoyed spectacular lion dance and getai performances. He also shared the festive joy by giving out red packets and tangerines. With a special appearance made by the God of Fortune mascot, the night was indeed a memorable and 'huat' one for everyone who attended.



Appreciating Our Heroes In Tampines

A party is not a celebration until someone spontaneously breaks into a dance, and that was what happened at the joyous Cleaners' Appreciation Nite – except it was not one, but about 30 of Tampines Town Council (TTC)'s cleaning staff dancing to the beat of familiar Bollywood hits. And everyone loved it, even nearby on-lookers!

It was heartening to hear roaring laughter and see smiling faces as our cleaners enjoyed the evening full of entertainment and amazing spread of local and Bangladeshi delicacies. As a token of appreciation, they were also given a NTUC Fairprice voucher each.

The event was held at Tampines West Community Club and saw the presence of some 200 attendees, including Guest-of-Honour, Minister Masagos Zulkifli, Chairman and Host for that evening, Ms Cheng Li Hui, TTC's officers and Councillors.

A day to appreciate the cleaners is an annual event in Tampines. It not only extends our gratitude for their hard work,

but also reiterates the common bond we share as part of the TTC family.

Back in May, our cleaners were treated to a movie day out for a showing of Avengers: Infinity War at Golden Village, Tampines Mall. In Tampines, every first Sunday of each month is specially dedicated to our cleaners with No Cleaners' Day. On this day, cleaners take a break while residents do their part to contribute to a cleaner environment at home.



This Is Not A Drill: Declutter Your Corridors

For the period of assessment from April 2017 to March 2018, Tampines Town Council has achieved “Green” for Estate Cleanliness and Lift Performance.

However, we were banded “Amber” for Estate Maintenance, with the highest percentage of total observations under this category being obstruction of common areas. A clean living environment can only be achieved with the cooperation of our residents. According to the SCDF fire safety guidelines, the minimum unobstructed width of the common corridor is 1.2m while no placement or storage of objects at staircases and its immediate landing is allowed. We seek your help in keeping our

corridors and staircases clear of obstruction, for the sake of public safety and cleanliness.

Remember that good housekeeping means good safety! Cluttered corridors not only obstruct aisles and entryways for exit access during an emergency such as a fire, but also seriously hamper fire-fighting efforts. When lighted materials such as cigarette butts are indiscriminately thrown onto them, clutter along the corridors can also easily fuel fires.

Let us work together as one Tampines to clean up the corridors and ensure that access to key exit points for smooth fire evacuation is unimpeded.



Need to remove heavy items without wanting to clutter your corridor? We've got your back, with our Bulky Item Removal Service that comes free-of-charge for your first three (3) bulky items! Check out our website for more details: <https://ttc.sg/bulky>

Type of Cleanliness Observation	% of Total Observations
Stain and litter	38%
Dumped bulky refuse	31%
Moss/cobwebs	18%
Graffiti	10%
Human/animal faeces	3%

Type of Maintenance Observation	% of Total Observations
Obstruction of common areas	33%
Unauthorised fixtures, e.g. blinds mounted as a sun shade	15%
Damaged plaster/large cracks/spalling concrete	8%
Exposed wiring/trunking, unlocked socket outlets	5%
Damaged building fixtures	4%

Permitted



Small shoe rack for the purpose of keeping shoes.



Clear staircase and landing at all times.



Ambulance crew and wheel chair bounded person requires at least 1.2m clear width for access.

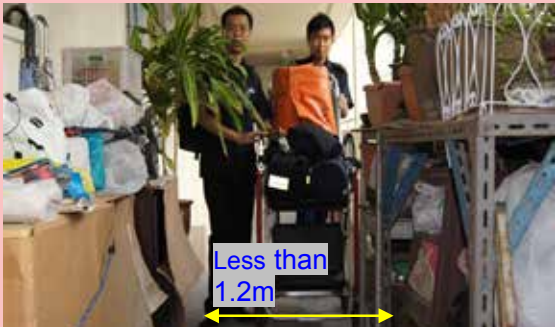
Not Permitted



Excessive storage of combustibles.



Obstruction at staircase landing.



Obstruction to emergency crew access due to constricted corridor.

Local Jobs In Tampines

The need to restructure our economy has left some senior workers facing anxiety towards job security. With job assistance as one of our core focuses, North East Community Development Council is working together with Our Tampines Hub, Tampines St 11 Hawkers & Merchants Association and Tampines West Merchant's Association, to pilot the "Local Jobs" initiative. The Local Jobs initiative is a convenient, one-stop platform that allows jobseekers to view all the available job opportunities that are located around Tampines. Currently, there are 24 employers onboard, offering over 120 job openings at print time.

If you, or someone you know, would benefit from this, please visit the link for more information: http://bit.ly/NE_LocalJobs.

Alternatively, you will find print copies of our posters located at Our Tampines Hub, Tampines Changkat Community Club, Tampines West Community Club and the Tampines St 11 Hawkers & Merchants Association Office (Blk 137, Tampines St 11).

To receive first-hand updates of job opportunities, join our WhatsApp Broadcast Group now by subscribing to 9749 0302.



33 Years In Nursing And Still Learning

At 56 years old, Nurse Clinician Hafizah Ismail from the Institute of Mental Health (IMH) was one of the oldest graduates in her nursing degree course last year. Despite her age, she got along well with her younger classmates. In fact, they consulted her during discussions because of her wealth of knowledge in psychiatric nursing and she found out more about the use of new technologies from them – it was a two-way learning experience.

Pursuing a nursing degree had always been in Hafizah's mind, but family commitments as a mother of three meant that she had to put her aspirations on the back burner. The desire arose again when IMH's Chief Nurse Samantha Ong encouraged senior nurses to upgrade themselves. With that, Hafizah took up the challenge of studying for a degree after more than 20 years away from books.

"My family had been very supportive. I was a little worried about being able to juggle studies, family and work when I first applied for the degree course. I talked to my eldest son about my concerns during his graduation ceremony and he assured me that everything would be fine. He made me wear his

mortarboard and told me that my turn will come soon," she said with a smile.

Nursing is Hafizah's first job and she has been a nurse for 33 years. "I have always liked to help people and thus decided to choose nursing," she said. She picked psychiatric nursing despite the stigma attached to it in the past because she found it interesting and wanted to do something different.



Are You From The Merdeka Generation?

Singaporeans born in the 1950s are in for a treat with the Merdeka Generation Package (MGP)! Announced by Minister Heng Swee Keat earlier this year, the MGP was designed to thank the Merdeka Generation for their contributions during Singapore's early days, and will help encourage our seniors to stay active and healthy.

Eligible citizens will receive the MGP which includes a \$100 top-up to their PAssion Silver cards, outpatient subsidies, Medisave top-ups, Medishield Life premium subsidies and payouts for long-term care.

These benefits will help our Merdeka Generation seniors continue to be an active and healthy part of our community, and help them better cope with medical

expenses as they age. Did you know, including Tampines residents, there are about 500,000 Singaporeans benefiting directly from the MGP?

Check out <https://www.merdekageneration.sg/> for more information.

Join us at the Merdeka Generation Package roadshow on

22 June, 9am – 3pm at Our Tampines Hub, Central Plaza.

Stand to take home attractive gifts, enjoy games and activities and meet celebrities Kym Ng and Suhaimi Yusof!



MERDEKA GENERATION PACKAGE

The Merdeka Generation Package aims to encourage our Merdeka Generation (MG) seniors to stay active and healthy, and provide greater healthcare assurance for them.



MG seniors who have yet to reach their 60th birthday will receive a PAssion Silver invitation pack during their birthday month

1 One-off \$100 top-up to PAssion Silver card

Use the top-up to pay for...

- Activities and facilities at Community Clubs (CC)
- Entry to public swimming pools
- Public transport
- & more!



2 Annual MediSave top-up of \$200 per year from 2019 - 2023



3 Additional subsidies for outpatient care

Special subsidies at CHAS GP and dental clinics

Additional 25% off subsidised bills at polyclinics and public Specialist Outpatient Clinics (SOCs)



4 Additional MediShield Life premium subsidies

Additional 5% subsidy for annual premiums, increasing to 10% after age 75



5 Additional participation incentive of \$1,500 for joining CareShield Life, when it is available from 2021



The Merdeka Generation Package is for Singaporeans who:

- Were born from 1950 to 1959; and became Singapore citizens by 1996
- Were born in or before 1949; and became Singapore citizens by 1996, and do not receive the Pioneer Generation Package

MG seniors will receive their Merdeka Generation Welcome Folder and Card from June 2019. For more information, please visit www.merdekageneration.sg.

Now I can learn cooking at the CC!

I want to learn Zumba with Mary at the CC!

Always remember to see a doctor when you're sick

Now I don't need to worry about seeing a doctor.

Memories Of Tampines' Favourite Chendol Shop

In a flood of dripped coffees, fruit infused teas and 'unicorn tears' these days, it is a wonder what a neighbourhood beverage store needs to offer in order to stand out and survive the competition. And when its specialty is a traditional find, is it even possible in this age of modernized tastes and preferences? According to Mrs Jacqueline Yeo, ex-owner of A1 Penang Chendol – an independent store that has been churning out icy cold chendol for almost 20 years in Tampines – it takes more than just the thirst quenchers to make a difference.

"We always ask our customers for feedback so we know where we stand with our products," said Mrs Yeo, who ran the humble business with her husband, Mr Kenny Yeo.

The idea for a chendol venture came about after their trip to Penang, where they had "the best chendol" that was so good, they decided Singaporeans needed to taste it too. Unfortunately, their start was not as ideal as they had planned.

When the couple first operated in Tampines, the store that they took over was a 6-month old bubble tea shop. It was among 17 other bubble tea shops in the neighbourhood. "Since the beginning, we've wanted to sell only chendol and its variation. However, our business partners at that time had advised otherwise due to the demographic of the location," shared Mrs Yeo. "And sometimes, you must listen to people." Chendol and ice kacang were the two main items on the menu back in the day, hence their products naturally catered to the mature audience. With Mr Yeo manning the front of the store, Mrs Yeo was able to experiment with different fruit combinations and flavours in the kitchen, coming up with unique recipes that gave the brand an edge over other run-of-the-mill offerings from their competitors. This helped them to stay relevant in the bubble tea fad.

They began with a range of fruit smoothies, starting with fresh mangoes, which eventually grew into one of their bestsellers. Today, the store sees another hot favourite among Tampines residents – the Durian smoothie



– aside from the signature chendol and ice kacang that remained as all-time favourites.

"I would say Tampines residents are quite adventurous. They dare to try new drinks; that's also how we came up with our limited edition seasonal drink, the Cempedak smoothie."

While new creations keep the customers in anticipation, Mrs Yeo attributed the success of the store to the quality of the drinks and good customer relationship that drove the power of 'word-of-mouth'. She recalled an occasion where a student from the nearby polytechnic bought 10 cups of Durian smoothie. Later that day, an older customer

who happened to be the said student's lecturer, dropped by to check out the store.

"One of the students burped in the lecture theatre, and the smell of durian spread!" Mrs Yeo continued, "The lecturer then ordered one for himself and before we knew it, more lecturers and their families, started coming."

Food and beverage trends are always changing. Although Mr and Mrs Yeo have now retired, what remains constant is the relationship between people, and that is the reason why A1 Penang Chendol will always be in the hearts of Tampines residents.

"Hot favourite among Tampines residents – the Durian smoothie – aside from the signature chendol and ice kacang"

D24 Durian Smoothie



Life's Simple Pleasures



During this Hari Raya Puasa festive period, surprise your loved ones with a delicious batch of traditional cookies. In seven simple steps, you can whip up the mouth-watering treat to share over kopi with friends and neighbours, as you catch up on the simple things in life.

Kadijah Mohd Hashim, resident of Tampines East, shares her recipe for the popular coconut cream cookie.



Ingredients A

375gm tapioca starch flour
75gm plain flour
200ml freshly squeezed coconut milk (cook till thick)
1 egg
1 tsp baking powder
Sesame seeds

Ingredients B

200gm gula melaka
100gm castor sugar
25ml water

Method

1. Stir fry tapioca starch flour and plain flour in a clean wok for 20 minutes
2. Combine gula melaka, castor sugar and water; cook till ingredients are dissolved. Set aside and let it cool.
3. In a mixing bowl whisk egg, add coconut milk and syrup prepared from step 2.
4. Add in flour and mix using hand until the mixture clings together to form a smooth dough
5. Roll dough out about ½ cm thick and cut with cookie cutters
6. Brush doughs with egg white and sprinkle sesame seeds
7. Bake in preheated oven at 150 degrees for 30mins

The Little Things That Matter Big



Some people say we live in a fast-paced society plagued by the 'me-first' syndrome - impatience, disrespect, and a tendency to escape to the comforts of the smartphone instead of reaching out to experience actual human connection in the real world.

It may seem far-fetched to some, but a society made beautiful by the people themselves, one that is filled with nothing but authentic interactions with real people may soon become a reality with Wu Jiezheng as one of the beautiful hearts behind the Tampines Kindness Movement.

Jiezheng is the founder of The Hidden Good, a media platform and social enterprise that uses digital media as a tool to start conversations and bring together diverse communities that would otherwise never have crossed paths. The social enterprise was started when unkindness, negative content and the misuse of social media were rampant. "There were also surveys published with findings that Singapore is the most emotionless country in the world," Jiezheng recalls. "We saw all of that, and we

were like, okay that's enough. It's not moving us forward." And with that mentality, she pushed for positive change in society, one social experiment at a time.

She shares, "Kindness is being mindful of how we can make a difference to the world through the little things. It's really in the little acts that one does which leave a place, or a person better off."

When approached by Mayor of North East District, Mr. Desmond Choo a couple of years ago, she learnt about the numerous projects in Tampines that had the same goal of promoting kindness and the art of doing good. "It's cool that everyone's doing great stuff, but wouldn't it be great if we could bring all these individual projects together?" she remarks.

And so she did. Different organisations, entities and opportunities came together under the giant umbrella of the Tampines Kindness Movement, to fulfil the one goal of doing little things that matter big. This reflects The Hidden Good's key communication principle of meeting people where they are by

driving the same message through different streams of communication.

Besides spreading the spirit of doing kindness through these public initiatives, Jiezheng also believes in the importance of inculcating these good habits from young. Titled, 'The Little Things,' the 64-page picture book infuses messages of kindness into the everyday curriculum, whilst nurturing the love for reading among children.

Has everything worked so far? Fairly well, Jiezheng reckons. People have started making a conscious effort to do kind deeds – ranging from helping strangers in need, to leaving a place cleaner than when they found it. Tampines Kindness Movement is really about uncovering kindness by gently nudging people towards the direction of being mindful and considerate. As Tampines Kindness Movement grows bigger and breathes life into our beautiful estate, Jiezheng hopes that they can continue to be open to trying out new ways to do kindness, and to be that catalyst for change by supporting existing communities that are already doing good.

MEET-THE-PEOPLE SESSION



MR HENG SWEET KEAT
Deputy Prime Minister and Minister for Finance
Adviser to Tampines Town Council
Member of Parliament for Tampines GRC

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MR MASAGOS ZULKIFLI
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