

February - May 2017



MCI (P) 010/02/2017

Tampines

Tempo



Turning Trees
into Totem Poles
P6



Clean and
Green Week
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Experiencing
Our Tampines Hub
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Let's Be Green



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Chairman's Message

Dear Residents of Tampines,

Happy 2017! We have ushered in 2017 with a bang at the new Our Tampines Hub with more than 13,000 residents. I truly enjoyed our community spirit and would like to take this opportunity to wish you and your family the best of health and a great year ahead.

Before 2016 came to a close, we shared some wonderful events together as one community. Take for example, the Clean and Green Week held from November to December. We joined more than 800 residents and our community partners to beautify our estate with more greenery. More than 100 young neem and happiness trees were planted throughout Tampines.

We have also explored creative ways in recycling initiatives. Working with residents and visual artists, we have converted dead trees into beautiful totem poles. If you have joined us in the opening of Our Tampines Hub in November, you would have seen these colourful works of art. We will find more opportunities to showcase such creativity. Do share with us your ideas too!

Many residents are concerned about Minister Heng Swee Keat's condition. Happy to inform that he is recovering well and he looks forward to coming back to Tampines to serve your needs.

2017 will be an exciting year for Tampines residents as we continue to build a special and better home for all, most importantly, with you as our valuable partner.

We have just ushered in the Year of the Rooster. Together with my fellow MPs and the team at Tampines Town Council, I would like to wish you good health and happiness.

Gong Xi Fa Cai!

Sincerely yours,
Baey Yam Keng

Para penduduk Tampines yang dihormati,

Selamat Tahun Baru 2017! Kami merayakan tahun 2017 dengan penuh kemeriahan di Hab Tampines baru kami dengan lebih daripada 13,000 penduduk. Saya benar-benar gembira dengan semangat kemasyarakatan kami dan saya ingin mengambil kesempatan ini untuk mengucapkan anda sekeluarga tahun baru yang bermakna, semoga anda sekeluarga sentiasa sihat walafiat.

Sebelum berakhirnya 2016, kami telah merayakan beberapa acara-acara menarik bersama-sama sebagai satu masyarakat. Sebagai contoh, Minggu Bersih dan Hijau yang diadakan dari bulan November hingga Disember. Kami menyertai lebih 800 penduduk dan rakan-rakan masyarakat kami untuk mengindahkan estet kami dengan lebih banyak kehijauan. Lebih daripada 100 anak-anak pokok semambu dan 'pokok kebahagiaan' telah ditanam di seluruh kawasan Tampines.

Kami juga telah menerokai cara-cara kreatif dalam inisiatif kitar semula. Dengan kerjasama para penduduk dan artis visual, kami telah mengubah pokok-pokok yang telah mati menjadi tiang totem yang indah. Jika anda telah menyertai kami dalam pembukaan Hab Tampines kami pada bulan November, anda telahpun melihat karya seni yang berwarna-warni ini. Kami akan mencari lebih banyak peluang untuk mempamerkan kreativiti seperti ini. Kongsilah idea-idea anda dengan kami!

Ramai penduduk prihatin tentang keadaan Menteri Heng Swee Keat. Dengan gembiranya kami maklumkan bahawa beliau semakin pulih dan berharap untuk kembali ke Tampines untuk memenuhi keperluan anda.

2017 akan menjadi tahun yang menarik bagi penduduk Tampines, sedang kami terus berusaha membina kerumahan yang lebih baik dan istimewa bagi semua, dan yang paling penting sekali, bersama anda sebagai rakan kongsi utama.

Tahun Ayam bakal menjelang. Bersama-sama dengan rakan-rakan MP saya dan pasukan di Majlis Perbandaran Tampines, kami berharap anda sentiasa sihat walafiat dan bahagia selalu.

Selamat Tahun Baru Cina!
Yang benar,
Baey Yam Keng

亲爱的淡滨尼居民：

2017年快乐！我们在崭新的淡滨尼天地与超过13,000位居民一同在欢腾的气氛中迎来了新的一年。感受到我们浓浓的社区精神，我非常欣慰。我想借此机会，祝愿您全家身体健康，来年事事顺利。

2016年落下帷幕之前，我们共同参与了一些精彩的社区活动。11、12月份举行的清洁与绿化周便是个很好的例子。超过800位居民及我们的社区合作伙伴在淡滨尼增添绿意，美化家园。我们一共种植了100多棵小楝树和幸福树。

此外，我们也发挥创意，推动环保。居民和视觉艺术家合作，让枯树蜕变为美丽的图腾柱。若您在11月份参与了淡滨尼天地的开幕典礼的话，可能已经看到了这些五彩缤纷的艺术品。我们会继续寻找更多机会展示居民的创意。如果您有任何点子，欢迎您与我们分享！

许多居民都非常关心王瑞杰部长的健康状况。很高兴他的康复进展良好，他很期待能够尽快回返社区工作岗位，继续为淡滨尼居民服务。

对于淡滨尼居民来说，2017年将是令人兴奋的一年。我们将继续为所有居民建设更具特色、更美好的家园。最重要的是，我们一起携手努力营造优良的生活。

我们刚迎接了鸡年。我代表淡滨尼其他国会议员和淡滨尼市镇理事会的全体人员，一同祝愿您身体健康，万事如意。

主席
马炎庆 敬启

தம்பினீஸ் குடியிருப்பாளர்களே வணக்கம்!

சந்தோசம் நிறைந்த 2017! நமது மாதிய தம்பினீஸ் மலையத்தில், 13,000க்காம் மறேபட்ட கூபியிர்ப்பாளர்களாடன் சரேந்த 2017ஆம் ஆண்டை சிறப்பாக வரவறேறாளோம். நமது சமூக ஒன்றாகுடலை மிகவும் ரசித்தனே. இத்தரணத்தில் நான், உங்களுக்காம் உங்கள் கூடும்பத்தாராக்காம் இவ்வாண்ட் சிறந்த உடல்நலங்குடியி மற்றும் சகல சந்தோஷங்களும் நிறைந்த ஆண்டாக அமைய வாழ்த்துகிறேன்.

2016யின் இறுதியை அடவைதற்கு மான், நாம் ஒரு சமூகமாக ஒன்று கூடி பல அற்புதமான நிகழ்ச்சிகளை பகிர்ந்துக்கொண்டோம். அவற்றில் ஒரு உதாரணம் நவம்பர் மாதல் பிசம்பர் வரல நடப்பபெற்ற துய்மபை பசுமல வாரம் ஆகும். 800க்காம் மறேபட்ட கூபியிர்ப்பாளர்கள் மற்றும் நமது சமூக பங்களிகளாடன் இணைந்து மலோம் பல மரக்கன்றுகளை நட்டு நமது வட்டாரத்தை அழகுபடுத்தினோம். 100க்காம் மறேபட்ட இளம் வபேயம்மரங்கள் மற்றும் மிகழ்ச்சி மரங்கள் தம்பினீஸ் மூழுவதம் நடப்பட்டது.

மேலும், மறுஉபயோக முயற்சிகளில் பல புதுமையான மற்றும் சுவாரஸ்யமான வழிகளை கையாண்டுள்ளோம். குடியிருப்பாளர்கள் மற்றும் காட்சிப்படைப்பு கலைஞர்களுடன் இணைந்து, உயிரிழந்த மரங்களை குலமரபு சின்ன தூண்களாக மாற்றியுள்ளோம். நவம்பர் மாதத்தில் நமது தம்பினீஸ் மைய திறப்பு விழாவில் கலந்துக்கொண்டிருந்திருகளானால், இவ்வண்ணமயமான கலை படைப்புகளை பார்த்து ரசித்திருப்பீர்கள்! நாங்கள் மேலும் பல சந்தர்ப்பங்களில் இது போன்ற புதுமையான அணுகுமுறைகளை செயல்படுத்துவோம். உங்கள் கருத்துகளையும் எங்களுடன் பகிர்ந்துக்கொள்ளுங்கள்!

அமைச்சர் ஹேங் ஸ்வீ கேடயின் உடல் நலம் குறித்து பல குடியிருப்பாளர்கள் அக்கறையுடன் விசாரித்துள்ளனர். அவர் நன்கு குணமடைந்து வருகிறார் என்றும் அவர் கூடியவிரைவில் தம்பினீஸ்யில் உங்களுக்கு சேவை புரிய எதிர்நோக்கி காத்துக்கொண்டிருக்கிறார் என மகிழ்ச்சியுடன் தெரிவித்துக்கொள்கிறோம்.

மிக முக்கியமாக எங்களின் மதிப்புமிக்க கூட்டாளியாக நீங்கள் இருந்து, நாம் அனைவரும் ஒன்றுசேர்ந்து ஒரு சிறப்பான மற்றும் மேம்பட்ட குடியிருப்பை தொடர்ந்து உருவாக்கிக்கொள்கையில், 2017 தம்பினீஸ் குடியிருப்பாளர்களுக்கு ஒரு அற்புதமான ஆண்டாக அமையும்.

நாம் இப்பொழுது தான் சேவல் வருடத்தை வரவேற்றுள்ளோம், என் சக MPS மற்றும் தம்பினீஸ் நகர மன்ற குழுவின்ருடன் இணைந்து, இவ்வருடம் உங்களுக்கு சிறப்பான உடல்நலங்கூடிய மற்றும் மகிழ்ச்சி நிறைந்த ஆண்டாக அமைய வாழ்த்துகிறேன்.

கோங் க்லி பா ஸாய்!

மனமார்ந்த அன்புடன்,
பேய் யாம் கேங்

Our Favourite Places in Tampines

Since the launch of “My Favourite Place in Tampines” art competition in June 2016, residents were actively involved in creating art works based on their most treasured spots in Tampines. Out of an incredible 457 entries, 34 winning pieces were prominently displayed at the Tampines Town Council’s garden on 4 December 2016 as part of the exhibition for the annual Tampines Town Council Awards Ceremony.

Open to participants of all ages, it was gratifying to see that even nondescript places are special to them, making each and every spot in Tampines, our favourite places.

The winning art works were printed on 2017 desktop calendars and distributed to every household in Tampines.

“It’s very heartening to have the spectrum of places in Tampines, that we know now are dear to our residents and to members of the public, translated into art works.”

- Mr Baey Yam Keng

Mdm Sheila Wee, 35, whose son won the first prize in the Primary Category said the award came as a pleasant surprise as his art work was submitted unbeknown to her by his art teacher from school.

“Ayden has a passion for drawing since young but hasn’t got a chance to attend formal drawing lessons. It might turn out to be a good thing as his creativity isn’t restrained by a certain set of guidelines,” said Mdm Wee.



Artistic Instincts

What had inspired you to draw this picture?

Ayden: Playgrounds are quite hard to draw so I picked the easiest one. I like this playground because it has a swing.

Natasha: I drew the fitness corner in my school because I like to do sports. Aside from having our yearly National Physical Fitness Award (NAPFA) test there, it is also a common area for me and my schoolmates to gather and play. The canteen is right beside it so it’s really convenient to hang out during recess.

Belinda: I decided to draw my block as it is a place I feel most attached to, where I interact with my family, friends and neighbours. It used to be quite dull but now with murals around the area, it has become a lot more vibrant and alive.

How did you decide on the medium for your artwork?

Ayden: I used paint, water-colour, crayons and colour pencils for a mixture of dark and light colours.

Natasha: I used paint (poster colour) because I’m most comfortable with it.

Belinda: As an art student, water colour and pens are my preferred tools as their combined effect will increase the vibrancy of colours while ink gives a solid structure to the drawn object.



Ayden Choong Teng, 9,
First Prize Primary Category



Natasha Tan Lui Qi, 16,
First Prize Secondary Category



Belinda Yuen Hui Ling, 22,
First Prize Open Category



Completed Projects



● Blk 833 Porch



● Blk 136A Sidewalk Garden



● Blk 832 Fitness corner



● Blk 441-442 High low linkway



● Blk 411 Playground



● Gateway at N8 Neighbourhood Centre



● Blk 247 Porch



● Blk 230C Ramp



● Blk 246 Playground

Home Improvement Programme (HIP)

DIVISION	ESTATE	EXPECTED COMPLETION
Tampines East	Blks 267-271	4Q 2018
	Blks 210-214, 224-229	2Q 2018
Tampines North	Blks 444-460	4Q 2017
Tampines West	Blks 801-810	1Q 2018
	Blks 156-166	3Q 2019
	Blk 140-151	1Q 2019
	Blks 821, 822, 824-829	2Q 2019
Tampines Central	Blks 842-856	2Q 2019

For more information and updates, email hdb@mailbox.hdb.gov.sg or call HDB at 6490 1111.



Community Outreach

Turning Trees into Totem Poles

Have you seen totem poles in Tampines?

Recent visitors to Our Tampines Hub, would have seen these colourful installation arts made from dead trees, on display during the PAssionArts Workshop held on 27 November 2016.

For many of them, it was their first time working with wood and enjoying their creations. It wasn't long before they got into their own rhythm of carving.

Do keep a look out for more green and creative community arts projects in 2017. Connect on Facebook at PAssionArtsAtTampines for details of upcoming arts projects in Tampines!

From left: Visual artists Francis Poon, Esther Ng, Fish Jaafar and Noc Vvyne Lim



Many young carpenters and painters were spotted during the workshop.

Traditionally, totems are used as an identity for tribes to band together. Similarly, we want to unite the diverse cultural backgrounds of Singaporeans and create a single, powerful totemic identity, which we can all be part of. The use of logs provided by the Tampines Town Council also helps to spread the message of conservation, and encourage the practice of recycling materials.

- Esther Ng, 29



Advisers to Tampines Grassroots Organisations joined the residents by adding their co-creations for the community arts festival in July.

The Transformation

The process of creating the pole from a piece of wood.

- 1 Tree logs were collected.
- 2 The bark was removed.
- 3 Artists sketched designs using hand-held chisels.



Scan QR code to watch video!
https://youtu.be/_eObjGOBOhM



Removing Derelict* Bicycles

Every year, Tampines Town Council conducts a mass exercise to remove derelict bicycles from void decks to free up bicycle parking spaces. The Singapore Police Force will be notified in advance of the exercise. Last year, over 3000 bicycles were removed.



▲ An abandoned bicycle with its back wheel missing.



1 Bicycle Removal Process

A notice of removal will be placed near the bicycle rack and the lift lobby to inform the owner that they have 14 days to take appropriate action. After 14 days, the exercise will be carried out.

2 Bicycle Recovery

The owner can claim their bicycle from the Town Council after proof of ownership has been provided.

3 How can you help?

Seen an abandoned bicycle lately? Snap and send us a photo via email to feedback@ttc.org.sg or call us at 6781 2222 to free up parking space at your void deck.



*Derelict bicycles are abandoned bicycles in bad condition:

- Deflated tyres
- Rusty parts
- Missing/damaged parts
- Covered in a layer of dirt and dust

Clean and Green Week

The annual Tree Planting Day commenced in 1971 as part of the Garden City initiative to green up Singapore's landscape. It has since evolved into a community involvement programme to inculcate a sense of ownership and is carried out during the Clean and Green Week across the island.

Together with Tampines residents, the Town Council invited community partners to plant not only the saplings but also the seeds of their aspirations. With the support of over 800 eco-loving residents, Tampines is now home to another 100 young neem and happiness trees that were planted at the five Tree Planting events held from 27 November to 18 December 2016.

“ Being able to plant the tree is a happy moment for me as it's important for us to sustain the green landscape. I appreciate the Town Council's efforts in planning these activities which help to bring the community closer together. They are great platforms that encourage neighbourly interactions amid our busy lifestyles. ”

- Greeshma, 28

“ Through this event, my daughters learnt more about planting and how to care for the environment. It's like a family outing for us where we can also bond with the community. ”

“ I like planting and I want to plant flowers, trees and grass. I wish for my tree to grow up healthily and have pretty flowers! ”

- Helen, 35 with Queenie, 7 & Angela, 6



“ It's empowering for our clients to come to know that horticulture can be a shared activity as they are more familiar with planting at the Tampines Training and Development Centre. This encourages them to participate in community projects and develop a deeper sense of involvement. ”

- Marina Kwok, Training Officer for MINDS



- Umar Bin Masor, 77



A stylized illustration of a row of green trees and bushes. The foliage is represented by various shades of green, from light lime to dark forest green, with some areas having a darker green outline. The trees have simple brown trunks and branches. The background is a light, muted green with some darker green shapes suggesting a forest or park setting.

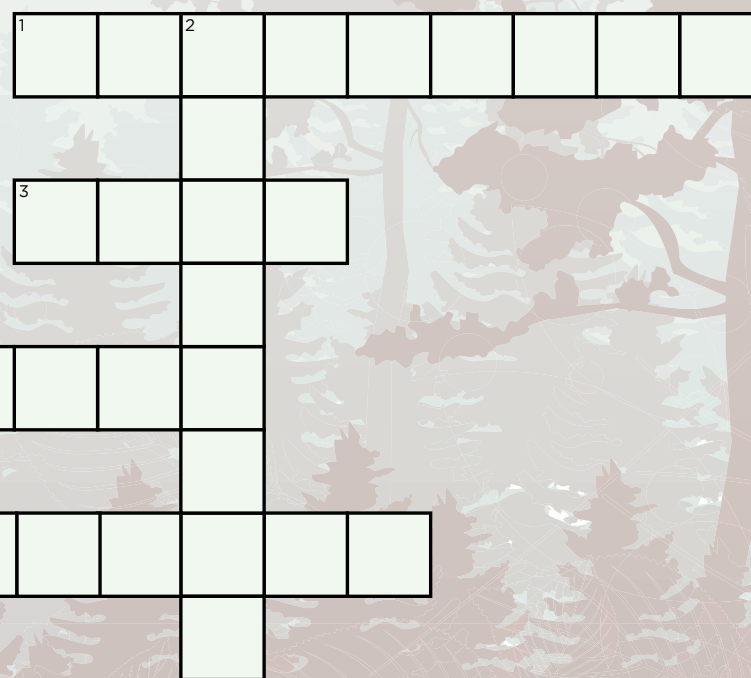
1. The purpose of Clean and Green Week is to inculcate a sense of _____ for the environment.

3. A total of ____ Tree Planting Events were held from 27 November to 18 December 2016.

4. _____ trees were planted as an effective mosquito buster.

5. Tampidy, the mascot of _____ & _____ Tampines was given out to residents during the Tampines Green Walk and Tree Planting Day held on 23 November 2014.

2. Tree Planting Day was set in the beginning of the rainy season in _____ to minimise watering.



Mr Tampidy
1st Edition



Mr Tampidy
2nd Edition

We've got 30 pairs to giveaway to lucky readers!

*Scan this page and email it together with your name, age, address, telephone number and answers to feedback@ttc.org.sg with the subject title 'Tree Planting Quiz'.
Submit your entries by **30 April**.



Rejuvenating Changkat

Residents of Blks 124, 125, 126, 127, 138 and 139 were invited to the Neighbourhood Renewal Programme's Public Consultation Exhibition to understand more about the proposed improvements for their neighbourhood on 12 November 2016. Their positive response towards the improvements is surely an encouraging start!



I'm here today with my grandma and both of us are looking forward to the new pitted trampoline. We think it's an interesting feature that both kids and adults will enjoy.

- Vaishnavi, 14



The sheltered linkway from Blk 137 to the round market will bring much convenience to all of us. Going to the market is a daily routine for my wife. With the linkway, she won't have to worry about not bringing an umbrella!

- Nordin Bin Mohd, 82

“It's a good initiative to have more green spaces and play areas for the children. Instead of staying at home to play computer games, they can be active in a safe environment. The proposed amenities will also help motivate residents of all ages to exercise and live healthy.”

- Mr & Mrs Chong



◀ Say YES!

Mr Desmond Choo introducing the proposed improvements to residents ▶



Pop-Up Furniture Exchange Corner

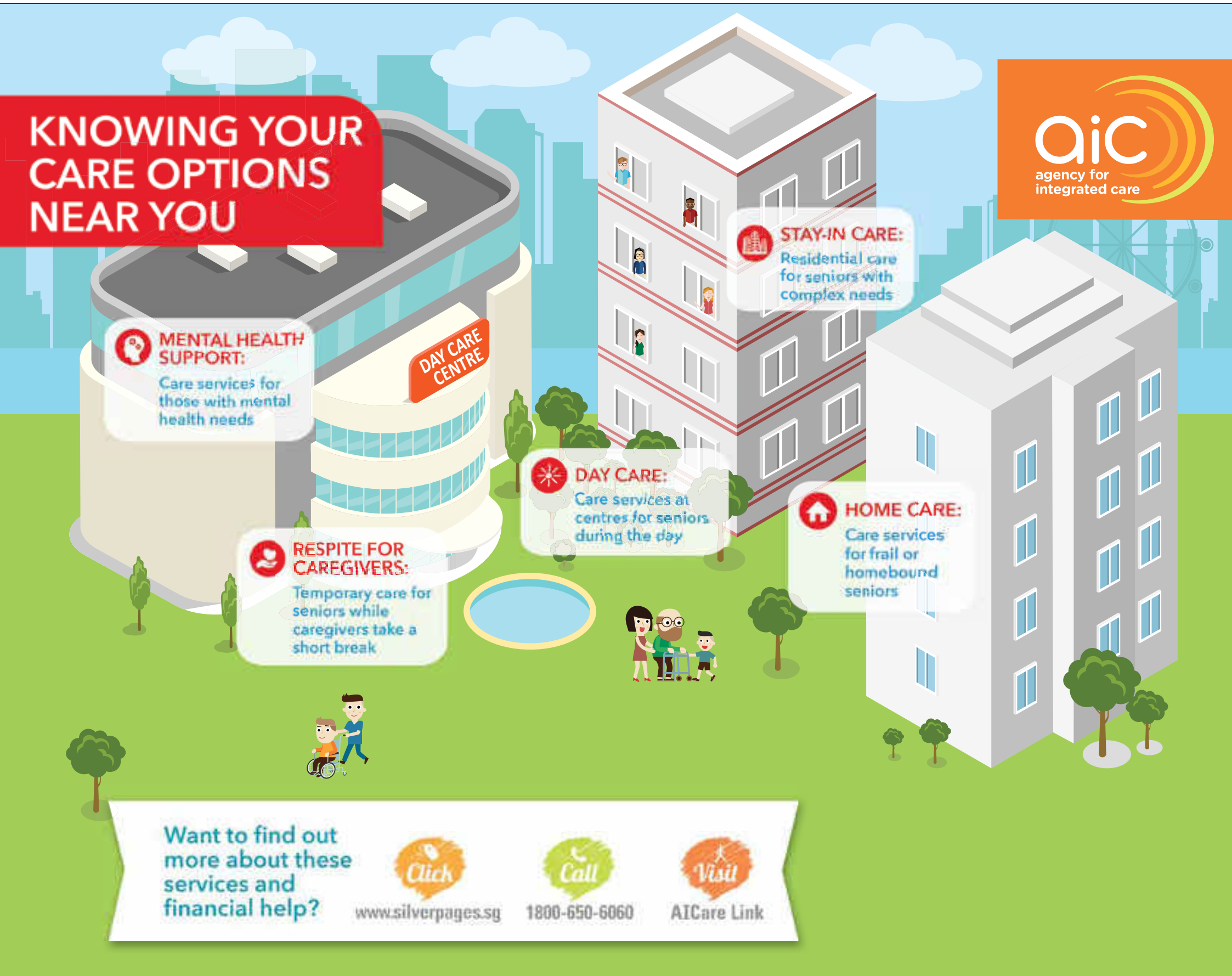
Tampines Central Constituency Office (CO) launched the pilot Tampines Palmwalk Residents' Corner (RC) Furniture Exchange on 26 November 2016.

This ongoing initiative creates community bonding among residents, and encourages sharing and recycling of used furniture items from households. A space within the RC Social Linkway is being set up, where residents can deposit their used furniture that are still in good condition for other residents who have a need for it to pick it up.

Let's conserve the environment through this recycling initiative. For more information, contact Tampines Palmwalk RC at 6782 9313.



Community Outreach



Year End Party @ Tampines East Zone 3

The annual event organised by Tampines East Zone 3 RC received much love from residents since its inception in 2012. To the delight of all in attendance, the most recent celebration was held outdoors for the first time in a carnival setting.

Complete with a giant bouncy castle, helium LED balloons, games and prizes, it was the perfect way to round off the year with family, friends and neighbours while soaking up the festive atmosphere.



A Colourful Start to 2017

“Residents can look forward to more festivities lined up in the coming year. We wish all residents the best of health, and may your love for the community continue to grow.”

- Mr Baey Yam Keng & Mr Desmond Choo

At the stroke of midnight, over a hundred gold and white balloons dropped from the highest level of Our Tampines Hub (OTH) amid cheers from the crowd who wished one another “Happy New Year” spontaneously.

Ushering the brand new year as a close knit community, over 13,000 Tampines residents joined Mr Baey Yam Keng and Mr Desmond Choo alongside celebrities like Felicia Chin and other performers for an evening of fun and engagement on 31 December 2016.



“I’m here with my wife and grandchildren. It’s a refreshing countdown event with all kinds of activities catering to various age groups, making it truly enjoyable for all!”

- Michael Koh, 65

Leading up to the much anticipated countdown, the Advisers launched the interactive OTH musical fountain that displayed a five minute laser and music show. The colourful display and synchronisation of the musical fountain intrigued many who took out their mobile phones to record the moment.

“This is my first time seeing something like this and it makes me so excited because I am so near to it”, squealed 10-year-old Nur Sajdah who asked her mother to help her take a photo of her against the laser display.





Experiencing Our Tampines Hub

On 27 November 2016, the preview launch of Phase One of Singapore's first integrated community and lifestyle hub, Our Tampines Hub (OTH), was commemorated by friendly sports challenges, an array of performances, awards and prize-giving ceremonies.

The launch began with rousing performances at Festive Plaza as Mr Masagos Zulkifli, Mr Teo Ser Luck, Mr Baey Yam Keng, Mr Desmond Choo, Ms Cheng Li Hui, Mr Sin Boon Ann, Mr Ang Hak Seng and Mr Mah Bow Tan joined in the festivities.

Mr Masagos also introduced the six newly available services and amenities - Festive Mall, 24-hour Hawker Centre, Public Service Centre, HomeTeamNS Clubhouse, Eastern Community Health Centre, and Community Auditorium.

More facilities such as six Swimming Pools, Team Sports Hall, 5-storey Tampines Regional Library and Performing Arts Auditorium, will emerge with the launch of Phases Two and Three.

This year, OTH will also be hosting a wide variety of sports events and arts initiatives.

OTH will enhance community bonding by gathering residents to participate in similar activities, especially during the weekends.

“The concept for an integrated hub is one where residents could come together to enjoy a comprehensive range of interests, forge new bonds and build a stronger sense of community.”

– Mr Masagos Zulkifli



Connecting Our Community



The main façade at Our Tampines Hub along Tampines Ave 5

Our Tampines Hub, a project led by People's Association, officially opened its doors last November. Tens of thousands of visitors have already visited Singapore's first integrated community and lifestyle hub!

In January 2017, Our Tampines Hub and ActiveSG organised a Badminton Clinic, where experienced shuttlers shared technical tips with visitors to help improve their game. Held at the Community Auditorium which has 20 indoor badminton courts and can seat 2,000 people, you'd be pleased to note that this is Singapore's largest indoor badminton facility!

From January to March 2017, Our Tampines Hub is working with the National Arts Council to showcase "Arts in Your Neighbourhood". A series of engaging and fun arts activities, "Arts in Your Neighbourhood" is all about bringing the latest acts right to your doorstep!

Fitness buffs, rejoice! Our Tampines Hub will also be hosting HomeTeamNS' Fitness Ironman 2017 competition this coming March – it is the perfect platform for one to push one's physical limits and challenge oneself to scale new heights.

Our Tampines Hub has much to offer. Take a walk through the 24-hour Hawker Centre with offerings from 42 stalls around the clock or stroll along the amazing Festive Mall, a 200,000 sq ft retail and lifestyle haven offering 100 stores and a 24-hour supermarket.

By March 2017, Phase Two of Our Tampines Hub will be open to the public, and Tampines Residents will be even more spoilt for choice with additional facilities such as a gymnasium, karaoke facility, a bowling centre, a family medicine centre and a wellness centre. Stay tuned!



Arts in Your Neighbourhood: A snapshot of the diverse programmes available for all to enjoy!



Tampines is proud to present “Recipes of Love”, a collection of 25 recipes contributed by our seniors living in Tampines. Get to know their stories as they share fond memories of their childhood during the kampung days and learn more about the dishes that hold great significance to them. Let’s take inspiration from our seniors’ generous spirit and give our family, friends, neighbours and the community our love and care. Here’s featuring two recipes, lovingly prepared by Alice Sng and Rahimah Binte Sulaiman.

Please call your respective Community Clubs for more information about the cookbook.



GLUTINOUS RICE

HER STORY



Alice Sng

Alice first learnt to cook glutinous rice when she was a young girl. Her maternal grandmother would stir fry the glutinous rice until it is cooked and she would be by her side, watching and learning. To make the process faster, she nows steams the rice before frying the dish. Madam Sng is now passing on the tradition to her 17-year-old granddaughter.

INGREDIENTS | SERVES 8

2kg glutinous rice
400g dried prawn
300g dried mushroom
1kg pork (steamed & cut into thin strips)
Fried shallots (as preferred)
1 small bowl sesame oil
1 small bowl black sauce

METHOD

First, steam the glutinous rice which has been soaked in water for 1 hour. Put the sesame oil, fried shallots, pork strips, soaked mushrooms and dried prawns into a wok. Add the black sauce and a little water and simmer the mixture. Once simmering, add the steamed glutinous rice and mix well.



KUEH LOPES

HER STORY



Rahimah Binte Sulaiman

Rahimah learnt this traditional dessert from her mother. She prepares it for her children and grandchildren who absolutely adore the dish.

INGREDIENTS | SERVES 10

GULA MELAKA SYRUP

3 blocks gula melaka
4 pandan leaves
20g water

GLUTINOUS RICE CAKE

300g glutinous rice
300g water
¾ tbsp lye water
10 banana leaves
Toothpicks

GRATED COCONUT

120g grated coconut (white flesh only)

METHOD

Gula Melaka Syrup:

In a steamer, place the grated coconut, ¼ teaspoon of salt and the pandan leaves. Steam until the pandan leaves are soft. Then, boil the Gula Melaka with more pandan leaves under medium heat until it melts and thickens to your liking.

Glutinous Rice Cake:

Add water and lye water to the glutinous rice. Stir the rice and leave it to soak for at least two hours until it turns yellow. Drain the water away with a colander. To soften the banana leaves, dry them under the sun for a couple of hours. Softening them will prevent tears when wrapping. Take a piece of the banana leaf and fold into a cone shape. Scoop in 1-2 tablespoons of the cooked glutinous rice and press down to let the rice take the shape of the triangular banana leaf. Fold the end towards the middle and seal it with a tooth pick. Boil a big pot of water. Make sure all the lopes are submerged. Cook for two hours. Remove from pot and place on a wire rack to cool completely. Once cooled, remove the banana leaves and coat the lopes with the steamed grated coconut. Serve it with Gula Melaka syrup.



Community Events



Ms Cheng Li Hui

Vice-Chairman of
Tampines Town Council
Member of Parliament
for Tampines GRC

TAMPINES EAST Mondays: 7:30pm

(Except 5th Monday of the month and
Public Holidays)

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Email: pap261@singnet.com.sg

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chenglihui.pap

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201A-E, 201G, 202-271, 208A, 230A-J,
371-374/A, 381-396, 390A, 501-510, 512,
513, 515/A-D, 516, 517, 518/A-D, 519/A-D,
520/A-C, 522/A-C, 523/A-D, 524/A-B



Mr Masagos Zulkifli

Minister for the Environment
and Water Resources
Elected Member of
Tampines Town Council
Member of Parliament
for Tampines GRC

TAMPINES WEST Mondays: 8pm

(Except 5th Monday of the month and
Public Holidays)

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871B/C, 872A-C, 878A-C, 879A-D,
887/A, 888/A, 889/A, 890/A-D,
891/A-B, 892-899, 892A-899A,
902-903, 906-916, 921/A, 922,
924-946



Mr Heng Swee Keat

Minister for Finance
Adviser to Tampines Town Council
Member of Parliament
for Tampines GRC

Note:
Covered by other MPs for Tampines GRC

TAMPINES CENTRAL Mondays: 7:30pm

(Except 5th Monday of the month and
Public Holidays)

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730A, 742A, 830-856, 842A-H, 856A-F,
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862A, 863A/B, 864A/B, 865-885, 867A,
868A-D, 869A-C, 871A, 880A, 882A,
885A, 886A



Mr Baey Yam Keng

Parliamentary Secretary,
Ministry of Culture,
Community and Youth
Chairman of
Tampines Town Council
Member of Parliament
for Tampines GRC

TAMPINES NORTH Mondays: 8pm

(Except 5th Monday of the month and
Public Holidays)

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491A-H, 492/A-J, 493A-E, 494/A-J,
495/A-F, 496A-G, 497A-L, 498A-M,
499/A-D



Mr Desmond Choo

Vice-Chairman of
Tampines Town Council
Member of Parliament
for Tampines GRC

TAMPINES CHANGKAT Mondays: 8pm

(Except 5th Monday of the month and
Public Holidays)

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272-298, 281A, 299A/B, 301-343,
307A, 311A, 330A, 331A, 340A,
345-370, 351A, 354A, 359A, 361A,
364A, 366A, 367A

TAMPINES ECHO

EASTERN COMMUNITY HEALTH OUTREACH

Health Screening

2017

TO REGISTER

Go to any Tampines
Community Clubs or
<http://echohealth.com.sg>

For enquiries/assistance, email
to ECHO@cgh.com.sg or call
6788 8833

Screening For	Screening Fee	Age
✓ High Blood Pressure	\$2 <small>(Inclusive of GST)</small>	40 – 54 years
✓ Obesity		
✓ Diabetes	*Fully Subsidised	55 years and above
✓ High Cholesterol		

Screening Dates	Screening Venues	Register By
08, 09 April (Sat, Sun)	Tampines Changkat Community Club	03 April
22, 23 April (Sat, Sun)	Tampines Central Community Club	17 April
29, 30 April (Sat, Sun)	Tampines East Community Club	24 April
13, 14 May (Sat, Sun)	Tampines North Community Club	08 May
20, 21 May (Sat, Sun)	Our Tampines Hub, Central Plaza foyer	15 May

GRC

Learning Festival

13 May 2017 (Saturday)

3pm - 9pm

Our Tampines Hub

☎ 6786 3227



WEST

Blood Donation Drive

9 April 2017 (Sunday)

10am - 4pm

Tampines Central CC Multi-Purpose Hall, Level 2

☎ 6788 1912

Donate blood and save lives.

Organised by Tampines West C2E, Tampines
Central C2E and Singapore Red Cross Society



North

Tampines North Mother's Day Celebrations

6 May 2017 (Saturday)

7pm - 10pm

Tampines North CC, Multi-Purpose Hall

☎ 6785 7166



DISCLAIMER

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Design & Production

Design Fusion Pte Ltd