

# Tampines

## Tempo



Ready,  
Get Set,  
**GO GREEN!**



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## CHAIRMAN'S MESSAGE



Dear Residents,

It has been two years since the pandemic started, and I understand that you are battle-weary coping with the daily challenges. While COVID-19 may never go away, we are now safely transitioning into the new normal. In the meantime, we should remain focused on the future to emerge stronger from the crisis.

To overcome the challenges posed by the pandemic, you must have a healthy body. To encourage everyone to adopt an active lifestyle, we have mapped out Health Promotion Board's Community Physical Activity Programme in Tampines. We have planned a variety of workout activities, and they are available in many parts of Tampines. I hope this will help everyone stay fit and be healthy!

I look forward to seeing you in Connect@N2, the new community space next to Block 201B. It is a three-generational space with a basketball court, playground and allotment garden, making it an ideal place for you to stay active with your loved ones.

The pandemic has not affected our efforts to build a sustainable future for Tampines. During our Tree Planting Day, we shared how we repurpose waste to construct our amenities and use science to bring 'Future Food Functional' edible greens closer to you.

Tampines is a town of endless green possibilities. I am excited to be on this journey with you to build a greener and more sustainable home, one that we are proud to call our own.

Yours sincerely,

**Cheng Li Hui**  
Chairman  
Tampines Town Council

亲爱的淡滨尼居民,

冠病疫情肆虐已有两年, 我了解大家每天为了应对疫情所带来的反复变化, 而出现了“抗疲综合症”。冠病毒很可能无法根除, 我们正安全地步入与冠病共存的新常态。在这期间, 我们要放眼未来, 才能将危机转化为优势而变得更强大。

若要克服疫情所带来的挑战, 我们必须拥有健康的体魄。为了鼓励每位居民保持身心活跃, 我们已经拟定好保健促进局在淡滨尼里推行的社区运动计划。在淡滨尼各处, 都有锻炼身体活动。我希望这将能帮助大家拥有更积极的保健方式, 活得更健康!

我期待在新的社区空间Connect@N2看见大家。Connect@N2坐落在大牌201B旁, 具备篮球场、游乐场及社区花园等设施, 是个三代人消遣, 与家人齐聚, 保持身心活跃的好去处。

我们并没有因疫情的关系, 影响推动淡滨尼迈向可持续发展未来的目标。在植树节当天, 我们介绍了如何使用回收废弃物, 制作成实用的基础设施。我们也运用植物生物技术, 培植食用功能性的蔬菜, 供居民食用。

淡滨尼是一个具有无限环保可能的绿镇。我很高兴能与您同伴, 共同建立一个我们引以为傲, 绿意盎然, 又可持续发展的家园。

**钟丽慧**  
主席  
淡滨尼市镇理事会

Para penduduk Tampines yang dihormati,

Sudah dua tahun semenjak pandemik bermula, dan saya faham bahawa anda lelah menghadapi cabaran ini. Sementara COVID-19 mungkin tidak akan hilang, kita kini selamat memasuki situasi normal yang baharu. Sementara itu, kita harus kekal fokus pada masa hadapan untuk muncul lebih kuat daripada krisis ini.

Untuk mengatasi cabaran pandemik ini, anda harus mempunyai tubuh yang sihat. Untuk menggalakkan semua orang mengamalkan gaya hidup aktif, kami telah memetakan Program Kegiatan Fizikal Masyarakat oleh Lembaga Penggalakan Kesihatan di Tampines. Kami telah merancang pelbagai kegiatan senaman, dan ia boleh didapati di banyak bahagian di Tampines. Saya harap ini akan membantu semua orang untuk kekal cergas dan sihat!

Saya tidak sabar untuk melihat anda di Connect@N2, sebuah ruang masyarakat baharu bersebelahan Blok 201B. Ia adalah ruang tiga-generasi dengan gelanggang bola keranjang, taman permainan dan kebun peruntukan, menjadikannya tempat yang ideal untuk anda kekal aktif bersama mereka yang tersayang.

Pandemik tidak menjejaskan usaha kami untuk membina masa depan yang mampan untuk Tampines. Semasa Hari Menanam Pokok, kami berkongsi cara kami menggunakan semula sisa untuk membina kemudahan kita dan menggunakan sains untuk membawa sayur-sayuran 'Future Food Functional' yang boleh dimakan lebih dekat kepada anda.

Tampines ialah sebuah bandar raya dengan kemungkinan penghijauan yang terus menerus. Saya teruja untuk berada dalam perjalanan ini bersama anda untuk membina kediaman yang lebih hijau dan lebih mampan, yang menjadi kebanggaan kita.

Salam hormat,

**Cheng Li Hui**  
Pengerusi  
Majlis Perbandaran Tampines

அன்பார்ந்த குடியிருப்பாளர்களே,

பெருந்தொற்று ஆரம்பித்து இரண்டு ஆகியிட்டு. இந்நிலையில், நீங்கள் அன்றாடச் சவால்களைத் தாக்குப்பிடித்து அலுத்துப் போயிருப்பீர்கள் என்பது எனக்குப் பரிகரித்து. கொவிட்-19 என்றுமே விலகாமல் இருந்துவிடக்கூடும் என்றாலும், நாம் இப்போது பாதுகாப்பான முறையில் புதிய இயல்புநிலைக்கு மாறிச் செல்கிறோம். இதற்கிடையே, இந்த நெருக்கடி நிலையிலிருந்து மேலும் வலிமையுடன் மீண்டெழுவதில் நாம் தொடர்ந்து கவனம் செலுத்தவேண்டும்.

பெருந்தொற்றினால் ஏற்பட்டுள்ள சவால்களைச் சமாளிக்க, நீங்கள் ஆரோக்கியமாக இருக்கவேண்டும். அனைவரும் சுறுசுறுப்பான வாழ்க்கைமுறையைக் கடைப்பிடிக்கச் செய்வதற்காக, தெம்பனிஸ் நகரில் சுகாதார மேம்பாட்டுக் கழகத்தின் சமூக உடற்பயிற்சி நடவடிக்கை திட்டத்தைச் Community Physical Activity செயல்படுத்துகிறோம். நாங்கள் பலவிதமான உடற்பயிற்சி நடவடிக்கைகளுக்குத் திட்டமிட்டிருக்கிறோம். அவை தெம்பனிஸ் நகரின் பல்வேறு பகுதிகளில் கிடைக்கும். அனைவரும் உடலுறுதியோடும் ஆரோக்கியத்தோடும் இருப்பதற்கு இது துணை புரியும் என நம்புகிறேன்!

புளோக் 201B-க்குப் பக்கத்தில் புதிதாக அமைக்கப்பட்டுள்ள கனெக்ட்@என்2 எனும் புதிய சமூக இடத்தில் உங்களைச் சந்திக்க ஆவலுடன் எதிர்பார்த்திருக்கிறேன். கூடைப்பந்து திடல், விளையாட்டுத் திடல், ஒதுக்கீட்டுத் தோட்டம் போன்றவற்றுடன் மூன்று தலைமுறையினருக்காக வடிவமைக்கப்பட்டுள்ள இவ்விடம், அன்புக்குரியவர்களுடன் நீங்கள் சுறுசுறுப்பாகச் செயல்படுவதற்கு உகந்த இடமாகத் திகழ்கிறது.

தெம்பனிஸ் நகரில் நீடித்து நிலைக்கவல்ல எதிர்காலத்தை உருவாக்கும் எங்கள் முனைப்புகளைப் பெருந்தொற்று பாதிக்கவில்லை. நமது மரம் நடும் தினத்தின்போது, நமக்கான வசதிகளை அமைக்க கழிவுகளை எவ்வாறு மறுபயன்படுத்தி செய்கிறோம் என்பதையும், "எதிர்கால உணவு இயக்கத்தின்" காய்கறிகளை உங்களுக்கு அருகில் கொண்டுவர அறிவியலை எவ்வாறு பயன்படுத்துகிறோம் என்பதையும் நாங்கள் பகிரந்து கொண்டோம்.

தெம்பனிஸ் நகரில் முடிவில்லா பசுமை சாத்தியங்கள் நிறைந்துள்ளன. நாம் அனைவரும் நம் இல்லம் எனப் பெருமையுடன் சொல்லிக் கொள்ளக்கூடிய பசுமையான, நீடித்து நிலைக்கவல்ல இல்லத்தை உருவாக்கும் இப்பயணத்தில் உங்களோடு சேர்ந்து பயணிப்பதில் நான் பெருமகிழ்ச்சி அடைகிறேன்.

உங்கள் உளமார்ந்த,

**செங் லி ஹூய்**  
தலைவர்  
தெம்பனிஸ் நகர மன்றம்

## COMPLETED PROJECTS

# Have a Say in How Your HDB Block Looks!



The block designs in Tampines are very varied, and if you look around, you will notice some interesting block paintings. The all-time favourite among Instagram users is the block painting of the Tampines TV Screen. Recently, we have added two new Instagram-worthy block paintings that are part of the Repairs and Redecoration (R&R) programme. They are Tampines Kueh Lapis (Blocks 461 - 471) and Tampines Tingkat (Blocks 485A - 499D).

Before the R&R takes place, residents will get to vote for their favourite block painting design and colours. We hope that residents will identify with the block paintings and have a sense of belonging.



## Other Repairs & Redecoration Projects

- Blocks 140 - 151
- Blocks 124 - 127 (Ongoing)
- Blocks 208A & 201G
- Blocks 272 - 298
- Blocks 701 - 734
- Blocks 494D & E
- Blocks 510, 512A, 513, 519A - 519D, 520A - 520C, 520 (MPH)

## UPCOMING PROJECTS

# Tampines Gets a Cool Makeover

With temperatures reaching up to 35°C in some months, the Singapore weather can be sweltering!

Residents in Tampines will get to enjoy a cooler living environment under a pilot project by the Housing & Development Board (HDB) and Tampines Town Council, where approximately 130 HDB blocks will be painted with cool paint through the Repairs and Redecoration (R&R) programme.

Cool paint will be applied when repainting the first batch of more than 20 blocks at Tampines Street 83 and 84, as well as pavements and other repair works. The remaining blocks under the pilot will be repainted with cool paint progressively, in tandem with the R&R work scheduled by the Town Council. The application of cool coatings for the first batch of blocks and pavements will be completed by the 4th quarter of 2022 (subject to change).

The pilot aims to reduce the ambient temperature of the site by up to 2°C through the use of cool paint — a type of paint containing additives that reflect the sun's heat to reduce surface heat absorption and emission. To monitor the ambient temperature, sensors will be installed mainly on the blocks' facades and at the ground level for data collection and analysis.



20 blocks at Tampines Street 83 and 84 will benefit from cool paint.

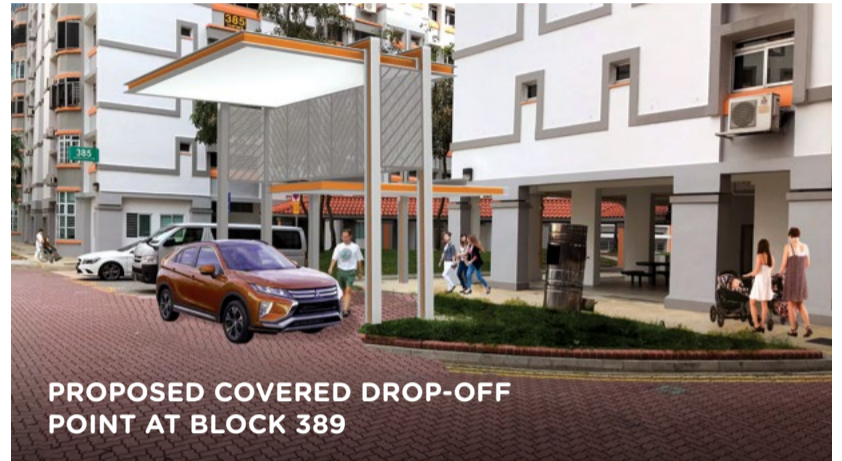
UPCOMING PROJECTS



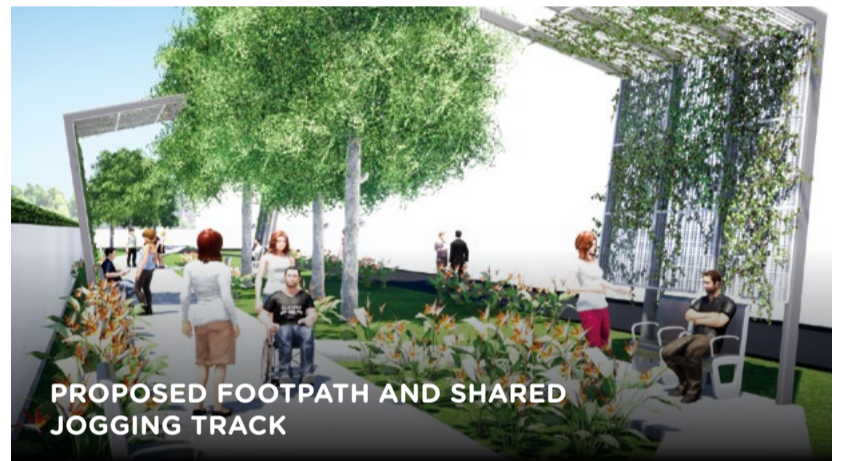
# Tampines Changkat Neighbourhood Renewal Programme Batch 12



PROPOSED OUTDOOR SEATING AREAS NEAR COVERED LINKWAY AT BLOCK 392



PROPOSED COVERED DROP-OFF POINT AT BLOCK 389



PROPOSED FOOTPATH AND SHARED JOGGING TRACK

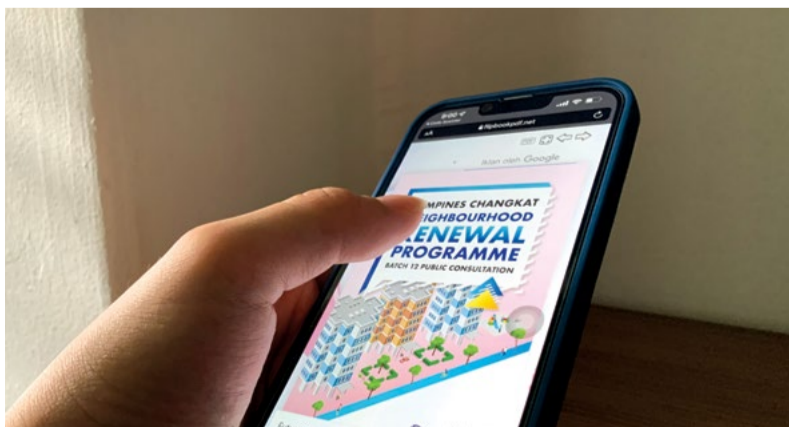


PROPOSED COMMUNITY AND LANDSCAPE GARDENS NEAR BLOCK 372



PROPOSED PLAY EQUIPMENT NEAR BLOCK 372

## The New Normal for NRP Public Consultation



Due to the COVID-19 pandemic, Tampines Town Council had to adapt to the new normal when showcasing the exciting projects of Tampines Changkat Neighbourhood Renewal Programme Batch 12 (Public Consultation). Residents were still able to view the new projects in an exhibition that was held in a multi-purpose hall. Residents had to check in using the SafeEntry app, sanitise their hands, and take their temperature before entering the hall for the exhibition.

To avoid overcrowding, we encouraged residents to view the NRP exhibition online. By scanning a QR code on the polling card, residents can view the upcoming renewal plans on an e-brochure from the comfort of their homes.





# Tree Planting Day with Green Possibilities

The seeds of sustainability were sown during our Tree Planting Day on 11 December 2021. The annual event was held in the soon-to-be-completed community space at Tampines Neighbourhood 2 (N2) Centre, Connect@N2. This year, due to safe management measures, residents joined our MPs in the tree planting ceremony, using DIY gardening kits issued prior to the event, from the comfort of their own homes via livestreams on Zoom and Facebook Live.



Five Lempoyang Paya trees were planted by the MPs of Tampines GRC next to Block 201B Tampines Street 21. They are Mr Masagos Zulkifli, Minister for Social and Family Development, Second Minister for Health and Minister-in-Charge of Muslim Affairs; Dr Koh Poh Koon, Senior Minister of State, Ministries of Health and Manpower; Ms Cheng Li Hui, Chairman of Tampines Town Council; Mr Desmond Choo, Vice-Chairman of Tampines Town Council; Mr Baey Yam Keng, Senior Parliamentary Secretary, Ministry of Transport. Together, they poured water over the plaque, washing away the uppermost layer of soil to reveal the community space's new name, Connect@N2.

During the event, residents were given a preview of the new amenities they can look forward to enjoying at Connect@N2. There will be an allotment garden, children's playground, and basketball court, which will be ready by 2022. The Tampines Town Council also launched groundbreaking technologies and solutions for town projects. They include repurposing waste to build essential amenities and revolutionising urban farming methods to strengthen the local food supply (more on pages 7, 10 and 11).

Ms Cheng Li Hui, Chairman of Tampines Town Council and Sustainability Champion (of Action for Green Towns) for Tampines, commented: "While it is important to embrace innovations when building a greener and more sustainable Tampines, we must always engage residents through community-driven programmes. We will continue to take in more ideas from residents and put them into action. Everyone can play a part to transform Tampines into Singapore's model Eco-Town by 2025."

Connect@N2 encapsulates the vibrancy of the Tampines community, as evidenced by how enthusiastic residents came together to give the new community space its name. Two names were shortlisted and Connect@N2 won both the hearts and minds of residents, emerging as the winner in the public voting phase.





# A New Community Space to Connect@N2

Centred around a floral botanical theme, Connect@N2 features a three-generational space comprising a basketball court, a playground and an allotment garden.

A game of basketball with your neighbours and friends will become a reality with the completion of the basketball court in the near future. The basketball court is designed in the colour scheme of green and yellow to reflect the botanical theme of the entire site. The sports coating provides good grip with an anti-slip surface for active and safe play.



Instead of being cooped up at home, the younger generation can enjoy a brief respite at the children's playground. They will probably be enchanted by the magical garden theme, with botanic elements such as leaves, stems, vines and flowers incorporated into its design. The large, colourful floral patterns on the ground create a larger-than-life experience. Children can climb the tower of vines, slide down into the bed of flowers, and hop from flower to flower. Exploring the magical garden in countless ways will enhance their creativity and imagination.

The allotment garden beckons with a lush green paradise teeming with assorted leafy vegetables and medicinal plants. Planters of different heights cater to residents of all ages. Trellises rise from the planter boxes to allow climbing plants to grow. The overall colour scheme of green and yellow is a dynamic reflection of verdant greens with abundant sunshine in a typical botanical setting.

# NEWSand, Repurposing Waste into Eco-Friendly Construction Material



In 2020, around 1,900 tonnes of incineration ash and non-incinerable waste were landfilled each day. At the current rate, the landfill on Semakau Island is expected to run out of space by 2035. Therefore, Singapore aims to achieve, by 2030, a 30 per cent reduction from the amount of incineration ash and non-incinerable waste per capita per day that was sent there in 2018.

The production and use of NEWSand will help to extend the lifespan of Semakau Landfill. NEWSand is a form of construction aggregate derived from the treatment of processed waste, also known as incineration bottom ash. One form of NEWSand is vitrified, glass-like slag produced from the high temperature gasification of municipal solid waste at Nanyang Technological University's Waste-to-Energy Research Facility, which is co-funded by the National Environment Agency (NEA).

The concrete floor finish of the allotment garden in the new community space, Connect@N2, is built using a form of NEWSand, an eco-friendly material made from processed waste. Tampines is the first town in Singapore to use NEWSand as a construction material for amenities in a neighbourhood centre.



## CENTRAL

**Tampines Greenvale RN**  
Tuesday 8:00 pm, Friday 9:00 am

**Tampines Courtview RN**  
Thursday 10:00 am

**Tampines Vista RN**  
Tuesday 8:00 pm, Wednesday 8:00 pm

**Tampines Spring RN**  
Tuesday 8:00 pm, Thursday 8:00 pm

**Tampines Central Park (Sundays At The Park)**  
Sunday 5:00 pm

**Tampines Starlight RN**  
Monday 8:30 am, Monday 9:45 am, Friday 8:30 am

**Tampines Sunrise RN**  
Wednesday 8:30 pm

**Tampines Parkview RN**  
Saturday 8:00 am, Saturday 6:00 pm

**OTH ActiveSG**  
Tuesday 7:30 am, Tuesday 7:30 am

**OTH CSC**  
Thursday 7:00 pm, Thursday 8:00 pm

**OTH**  
Sunday 1:00 pm

**Tampines Ville RN**  
Thursday 8:00 pm, Sunday 8:00 am

**Tampines Arcadia RN**  
Wednesday 8:30 am

**Tampines Palmwalk RN**  
Sunday 9:00 am

## WEST

**Tampines Palmville RN**  
Tuesday 8:00 pm, Thursday 9:00 am, Thursday 8:00 pm, Friday 7:30 pm, Friday 8:30 pm

**Wellness @ West (811 AAC)**  
Friday 11:00 am

**Tampines Park RN**  
Thursday 8:00 pm, Friday 8:00 pm

**Tampines Green RN**  
Saturday 8:00 am

**Tampines Park Wellness Centre**  
Wednesday 8:00 am

**Tampines Palmspring RN**  
Tuesday 8:00 pm, Thursday 8:00 am

**Tampines Terrace RN**  
Wednesday 8:00 pm, Friday 8:00 pm

**Tampines Polyview RN**  
Tuesday 7:30 pm

**Tampines Summerville RN**  
Wednesday 8:00 am, Wednesday 8:00 pm

## NORTH

**Tampines North Zone 6 RN**  
Monday 7:45 pm

**Sunplaza Park (Sundays at the Park)**  
Sunday 5:00 pm

**Tampines North SunPlaza RN**  
Tuesday 8:00 pm

**Tampines North Zone 3 RN**  
Sunday 5:00 pm



Stretchband

Yogalates

Cardio Dance

Zumba

K-Pop X Fitness

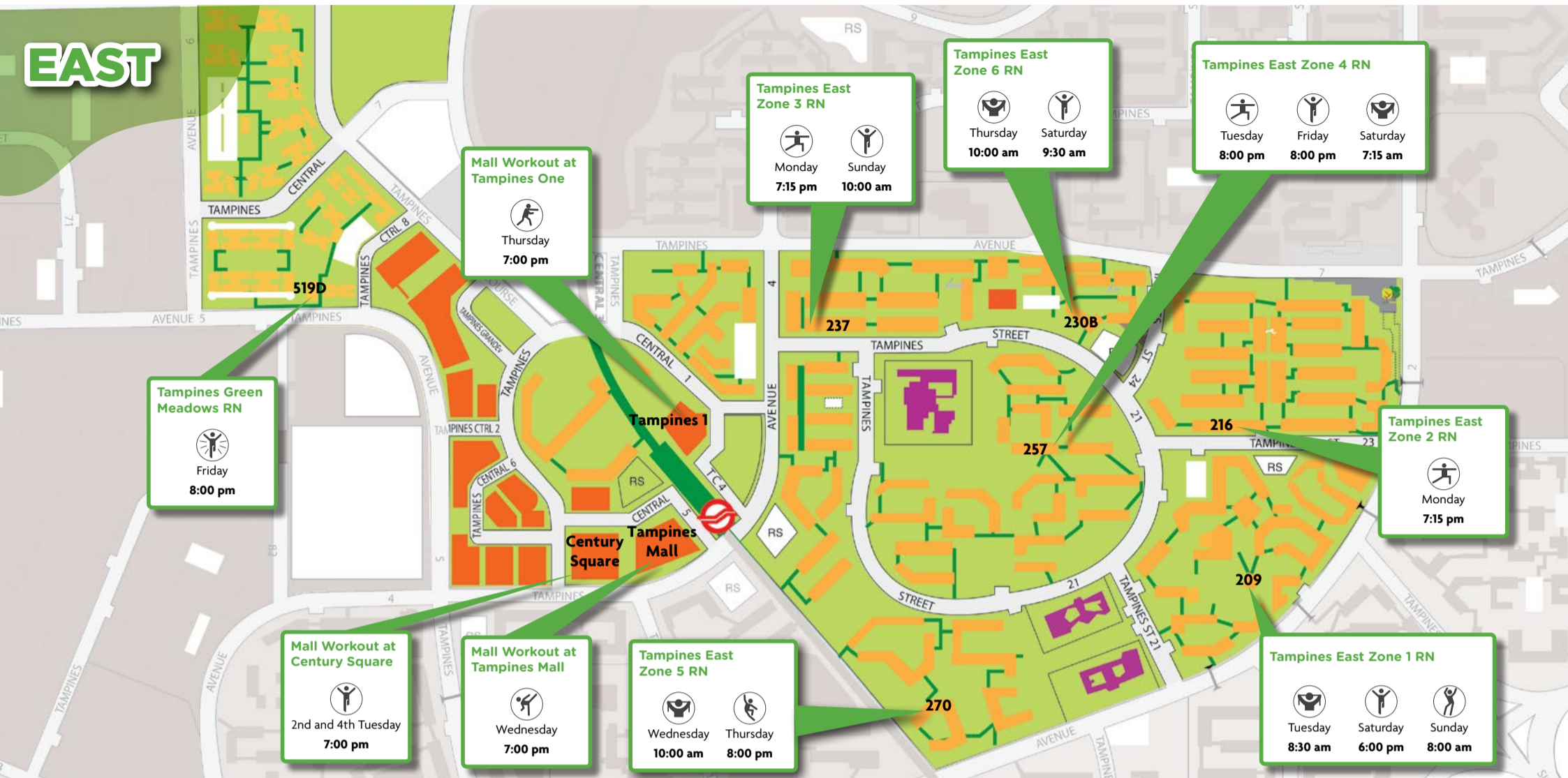
Zumba Gold

Circuit Training



# CAL ACTIVITY PROGRAMME IN TAMPINES

## EAST



**Mall Workout at Tampines One**  
Thursday 7:00 pm

**Tampines Green Meadows RN**  
Friday 8:00 pm

**Mall Workout at Century Square**  
2nd and 4th Tuesday 7:00 pm

**Mall Workout at Tampines Mall**  
Wednesday 7:00 pm

**Tampines East Zone 5 RN**  
Wednesday 10:00 am, Thursday 8:00 pm

**Tampines East Zone 3 RN**  
Monday 7:15 pm, Sunday 10:00 am


**Tampines East Zone 6 RN**  
Thursday 10:00 am, Saturday 9:30 am

**Tampines East Zone 4 RN**  
Tuesday 8:00 pm, Friday 8:00 pm, Saturday 7:15 am

**Tampines East Zone 2 RN**  
Monday 7:15 pm

**Tampines East Zone 1 RN**  
Tuesday 8:30 am, Saturday 6:00 pm, Sunday 8:00 am

## NORTH

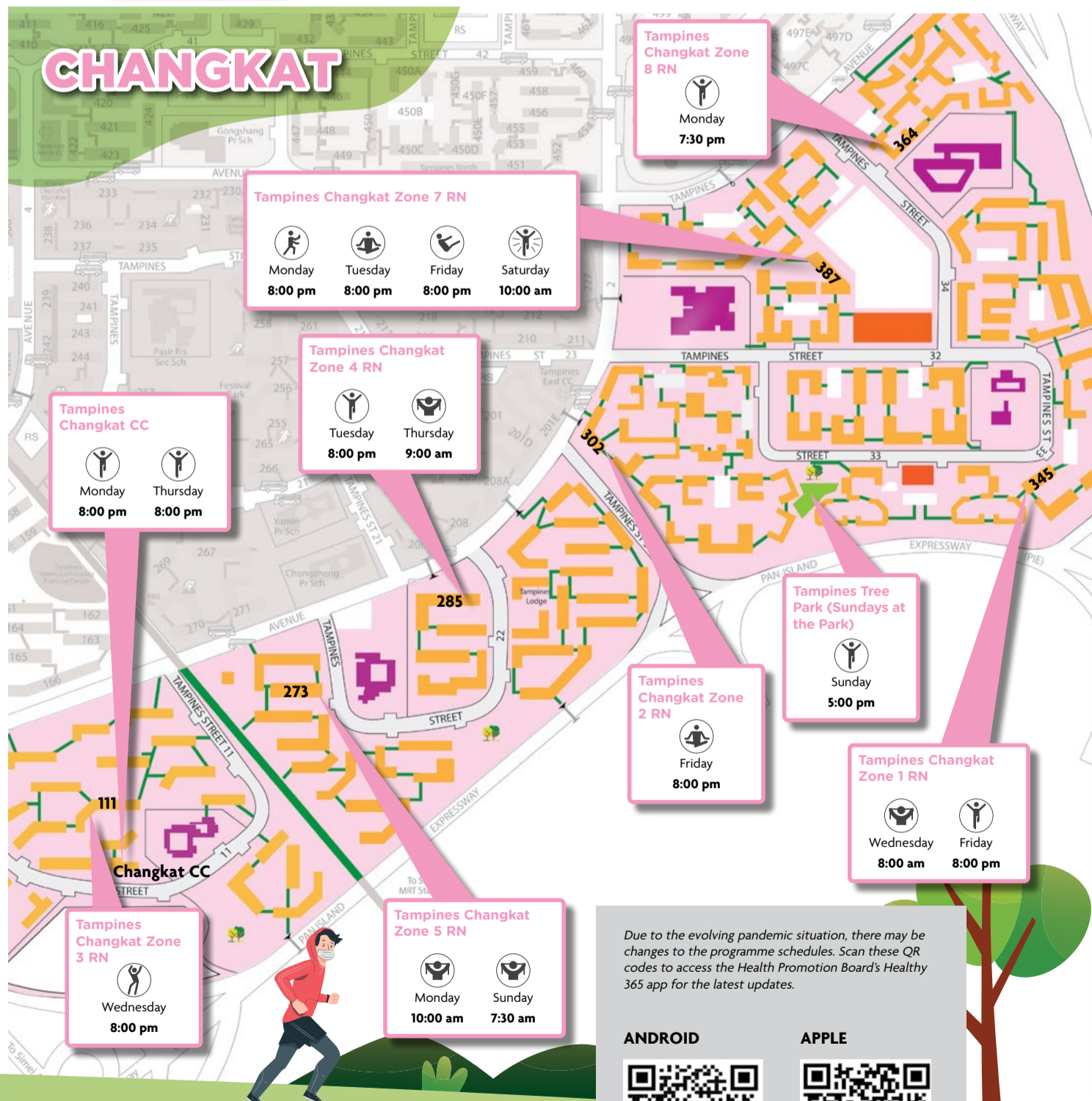


**Tampines North Zone 5 RN**  
Tuesday 7:45 pm

**Tampines North Zone 7 RN**  
Tuesday 8:15 pm

**Tampines North Zone 4 RN**  
Monday 8:00 pm

## CHANGKAT



**Tampines Changkat CC**  
Monday 8:00 pm, Thursday 8:00 pm

**Tampines Changkat Zone 7 RN**  
Monday 8:00 pm, Tuesday 8:00 pm, Friday 8:00 pm, Saturday 10:00 am

**Tampines Changkat Zone 4 RN**  
Tuesday 8:00 pm, Thursday 9:00 am

**Tampines Changkat Zone 3 RN**  
Wednesday 8:00 pm

**Tampines Changkat Zone 5 RN**  
Monday 10:00 am, Sunday 7:30 am

**Tampines Changkat Zone 2 RN**  
Friday 8:00 pm

**Tampines Changkat Zone 8 RN**  
Monday 7:30 pm

**Tampines Tree Park (Sundays at the Park)**  
Sunday 5:00 pm

**Tampines Changkat Zone 1 RN**  
Wednesday 8:00 am, Friday 8:00 pm

Due to the evolving pandemic situation, there may be changes to the programme schedules. Scan these QR codes to access the Health Promotion Board's Healthy 365 app for the latest updates.

ANDROID



APPLE



-  Bollyrobics
-  Pilates
-  Kickboxing
-  Piloxing
-  Masala Bangra
-  Yoga
-  Tai Chi
-  Line Dance



# Bringing 'Future Food Functional' Edible Greens to Your Doorstep

Exotic herbal plants and edible greens of higher nutritional density are the fruits of continuous research in state-of-the-art plant science technologies. The collaboration between Tampines Town Council, Temasek Polytechnic's Centre for Research and Opportunities in Plant Science (CROPS), and GRAIN (Global Resources and Agricultural innovations Network) International began three years ago. The allotment garden exemplifies the synergism of these flourishing research disciplines that benefit our Tampines community.

"I am a plant breeder. I know what genes are bad for plants and how these can be modified. So we use non-GMO (genetically modified organism) techniques to modify the bad genes to increase the nutritional content in these plants. That enhances the nutritional density in these plants by almost twofold," Dr Mandar Godge, a plant scientist from Temasek Polytechnic, explained. The beneficial traits of crop plants are enhanced without genetic modification to yield heavier harvests and pack a bigger nutritional punch.

He added: "No pesticides or insecticides are used. Our edible greens are organic. That is the direction for food security that we want to take Singapore into. These methods of farming are easy to replicate. And we want farmers to adopt these technologies because only then the functional value will come in for the farmers as well as the community."

The 'Future Food Functional' edible greens are filled with antioxidants and other essential nutraceuticals beneficial for phytotherapy. Phytotherapy is the use of edible greens to treat or manage diverse health problems from acute cold and flu, stress and pain to more severe chronic illnesses like diabetes.

Tampines Town Council aims for all households in Tampines to have the tools and know-how to grow their very own 'Future Food Functional' edible greens. Ultimately, everyone in Tampines can contribute to the community's food resilience.



# Eco-Park Bench: Closing the Plastic Waste Loop

In 2020, Singapore generated a staggering 868,000 tonnes of plastic waste. Only 4 per cent was recycled. The collaboration between Temasek Polytechnic's Centre for Urban Sustainability (CUS) and Tampines Town Council aims to close the plastic waste loop by engaging residents to contribute plastic waste, and using it to manufacture Eco-Park Benches.

The Eco-Park Bench is manufactured using recycled plastic waste and cementitious composites. The use of recycled plastic waste helps to reduce the weight and material cost of the bench in comparison to conventional cementitious-based materials. Approximately 1 kg of plastic waste is recycled to produce one Eco-Park Bench. The Tampines Town Council aims to install Eco-Park Benches in every park and garden in the next five years, and will step up its plastic recycling exercise to involve schools in the neighbourhood. You can find an Eco-Park Bench in Tampines Park now.

The highlight in the development of a novel building material is that natural aggregate, such as sand, is being substituted with recycled mixed plastic waste. "This is very meaningful. It is like plowing what is collected as plastic waste and then putting it back for usage, rather than returning to landfill, which will be environmentally unfriendly," espoused Dr Wong Sook Fun, Head of CUS. Anti-corrosive property is also considered in the fabrication, as the Eco-Park Benches are exposed to natural elements such as rain and sun.

"We are encouraged to take this even further in our research. We also look into the life cycle assessment. So after the service life of these benches, we will explore recycling them again for second and subsequent lives. In fact, plastic is really durable, tough and resilient like all of us. So it is a good material, not really a waste. It is a treasure to us," she said.

As a resident of Tampines for 28 years, Dr Wong emphasised that sustainability means a lot to her as well. "I want to make a difference in the ways we handle waste and reduce our carbon footprint. Sustainability is everything. If you just stop there and let the situation deteriorate, then we are doing a disservice to our next generation," Dr Wong commented.



Eco-Park Bench

## IN TAMPINES, PLASTIC IS FANTASTIC

Help us close the plastic waste loop by contributing the following:

**Containers for laundry, detergent, bleach, shampoo and milk, as well as squeeze bottles, flexible tubing, Tupperware, syrup bottles, yoghurt tubs, cups and disposable cutlery (clear and coloured).**

We will share your contributions with Temasek Polytechnic, and they will turn your trash into treasures like this Eco-Park Bench.

Please deposit your plastic waste at the following locations:

- **Block 146, next to Vertical High-Tech Farm**
- **Tampines Round Market & Food Centre, near the market entrance**

**A gentle reminder:  
please wash  
your plastic  
containers  
properly!**



# Bin There, Recycle That



As part of our commitment to create a green and sustainable town in line with the Action for Green Towns initiative and SG Green Plan 2030, we want to ensure that residents are provided with the right amenities to do their part.

To reduce our collective carbon footprint, recycling bins have been deployed to all 15 PAP town councils. Not just any recycling bins, these 'special' bins allow residents to be rewarded for their sustainability efforts. They are the SGRecycle recycling machines and ALBA e-waste bins.

The SGRecycle recycling machines aim to incentivise residents to reduce their paper waste through a cash-for-recycling programme. Residents will only need to scan a QR code to register before depositing their items. Every 1 kg of paper or cardboard recycled will earn them 6 cents.

The ALBA e-waste bins will come in handy when residents may not know what to do with their electronic waste. With the STEP UP app, users can collect points on the app every time they recycle their e-waste through designated collection channels. These points can then be redeemed for discounts and deals.

Recycling has never been this rewarding, so be on the lookout for these bins around town!



- ALBA e-waste recycling bins can be found at:
- Tampines Mall
  - Tampines East Zone 3 RN, Blk 237
  - Tampines North CC
  - Tampines North Zone 3 RN, Blk 430
  - Tampines Changkat CC
  - Tampines Changkat Zone 4 RN, Blk 285
  - Tampines Changkat Butterfly Garden
  - Tampines Changkat Zone 8 RN, Blk 364
  - Tampines Courtview RN, Blk 730
  - Tampines Greenvale RN, Blk 736
  - Tampines Ville RN, Blk 842
  - Tampines Spring RN, Blk 880
- SGRecycle paper recycling bins can be found at:  
Blocks 139, 201E, 475, 602A and 827.

# Estate Cleaners: Our Unsung Heroes of the Pandemic



The onset of the COVID-19 pandemic saw many Singaporeans ensconced in their own apartments, fortunate enough to be able to work from home. However, not all are afforded that luxury, including our town council estate cleaners, who are still bravely out and about every day, working to maintain the hygiene of our estates.

In conjunction with Thank Your Cleaner Day (on 20 October), Tampines Town Council collaborated with Migrant x Me, a non-profit organisation focusing on public education of migrant workers, on a campaign to pay tribute to our frontline heroes. From 11 to 31 October, videos introducing our estate cleaners were displayed on digital panels in HDB lifts across Tampines. There was also a longer and more intimate three-minute video featuring a foreman, Masud. The video explored a day in the life of Masud, in which he shared why he enjoys his job despite the many challenges he faces. These videos offer a rare glimpse into a side of society that many Singaporeans may not know much about, and hopefully encourage everyone to recognise the efforts of these frontline workers.



Masud and our partners from Migrant x Me

## Building bridges between residents and cleaners

Isabel from Migrant x Me, a long-time Tampines resident, wanted to raise awareness of the plight of migrant workers. “After getting to know their stories and struggles, they really are underappreciated. Most of the time, people don’t know the names of their cleaners, they just know that their rubbish is cleared.

“We hope that through this campaign, more residents will get to know the cleaners and view them with empathy and compassion. Ideally, this can also help build friendships between our cleaners and residents.”

Masud’s effervescent personality has made him a favourite among Tampines residents, many of whom know him by name, so it was no surprise to have him featured prominently in the project. Having worked in Tampines for 14 years, he sees it as his home and easily rattles off some of his favourite local haunts that he visits during weekends, such as Our Tampines Hub and Tampines Mall. “Sometimes, I’ll go *makan* with my friends, both Singaporeans and foreigners, at the coffeeshop,” he added. “Of course, I am happy to be part of this campaign and to show Singaporeans how we live.”

The Town Council and Migrant x Me worked with our cleaners for two months on this meaningful project. In the process, we have learnt a lot from our cleaners and shared many heartwarming moments. We hope that the project humanises our migrant workers and allows Singaporeans to view them in a different light. “Ultimately, we want them to be treated equally,” concluded Isabel.



# Perfecting Artisan Bakes in Tampines Heartlands



Starting Puffs and Peaks, a bakery serving rustic, handmade bakes, in 2019 was a second wind for Ong Jing Ting and her mother, Linda. Jing Ting wanted to expand her horizons beyond home baking, while Linda was retrenched at the time.

“Our relationship at first went south a bit, as we recognise the way each other works is different. As colleagues and family members, we are very honest with each other and have some conflict. But we work everything out and talk things out, so now we are closer than ever. I really look forward to working with my mother every day,” Jing Ting revealed.

Jing Ting found her true calling at the tender age of 15. “Baking’s one of those things I realised that no matter how much I look at it, I will never get bored. I can roll donuts every day and not get bored. I just want to perfect the art of baking; it’s that quest for perfecting and indulging in my passion,” she explained.

A one-year stint in Australia’s renowned bakeries elevated her baking skills, as evidenced by indulgent bakes such as cinnamon donuts and Valrhona brownies. From experimenting with brioche (French bread) for eight months to getting off to a rocky start fulfilling pre-order deliveries, Jing Ting says they are a work in progress and constantly strive to improve. While their main customers range from 20 to 35 years old, there are also health-conscious seniors who enjoy low-gluten items such as the sourdough loaves. Jing Ting also uses healthier ingredients such as Japanese flour and Australian wheat.

Tampines has always resonated with Jing Ting because of its strong sense of community and accessibility. “While most customers come from Tampines, there are others who come all the way from the far West and North of Singapore,” Jing Ting said. “My favourite part is when customers say they can actually taste the amount of effort we put inside.”

You can find Puffs and Peaks at Tampines Central Community Complex, #03-03, from Thursday to Sunday (10:30 am to 5 pm) or pre-order online every Monday at 7 pm. Follow them on Instagram at @puffsandpeaks.



## MADE IN TAMPINES

# Keeping Traditions Alive One Slice at a Time



Mr Aziz Junid, 62, recalls helping his parents sell *pisang goreng* (banana fritters) when he was only 10 years old. He would sell them house to house, walking from Jalan Ubi to Kaki Bukit. The experience taught him the value of self-reliance and hard work. “The most important thing in business,” he said, “is the *semangat* (passion).” Money to him is secondary.

Clearly, Aziz loves what he does. One could tell this from the attention he gives to preparing the best seller, *pisang goreng salai*. Typically, they are sliced bananas smoked over the stove, but Aziz prefers to fry them. Most important is the heat control, he revealed. This will prevent the fritters from becoming too damp and oily. He only uses *pisang kepok* (plantain banana known as ‘*saba*’) because of their firm texture and consistency in sweetness. He imports them from Malaysia, delivered thrice a week.

But the secret to this Malay snack is the flour mixture, which came from his family recipe. Upon frying, the battered bananas will produce the *kerak* (crust), which makes for ideal toppings. They are best dipped in *sambal kicap manis* (sweet soy sauce with chilli) that is a trademark of the stall. Even the sauce is made daily from traditional ingredients.



Aziz’s *pisang goreng* is enjoyed by people of all races, who come from places as far as Jurong. His customers range from footballers such as Malek Awab to celebrities such as Johan Jaffar. Our MP Mr Masagos Zulkifli is also a fan. The *kuih keria* (sweet potato doughnuts) is his wife’s favourite, and he would buy it for her almost every week!

“When we do business, we must be sincere.” This is Aziz’s personal philosophy. Over the years, he has developed a relationship with his customers. He believes in the personal touch. This has sustained his business for more than a decade — all through word of mouth from loyal customers. Despite the demand, Aziz has no plan to innovate. He wants to keep it ‘traditional’, and there is value in that because he offers authenticity.

So, the next time you crave for some traditional Malay snacks, head down to Aziz Pisang Goreng Salai stall at Kim San Leng Coffeeshop, Block 138 Tampines Street 11. It is open daily from 10:30 am to 6:30 pm. Be sure to head down early, especially on the weekends. They are hot sellers and run out fast.





# Discovering #Hidden Gem Parks in Tampines!

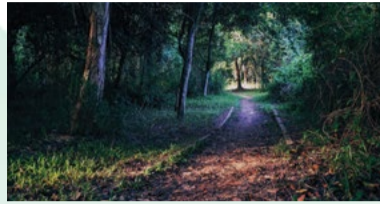
Tampines Town Council's Photography Competition challenged you to explore the 'hidden gem' parks and gardens in Tampines! We received more than 350 photo entries capturing the beauty of nature and how our green spaces are well-loved by residents!

The judges had a tough time shortlisting the winning entries, but here are this year's winning entries! Congratulations to all the winners, and thank you to those who have participated.



Check out the top 3 winning entries of each category below. Scan this QR code to view all the winning entries.

## OPEN CATEGORY NATURE



1ST: Lam Wenjie  
Tampines Eco Green



2ND: Gwenn Chen  
Tampines Eco Green



3RD: Chong Li Beng  
Tampines Cultural Hub

## OPEN CATEGORY PEOPLE IN THE PARK OR GARDEN



1ST: Chan Wai Meng  
Tampines Green Forest Park



2ND: Lim Sze Hui  
Maze Garden

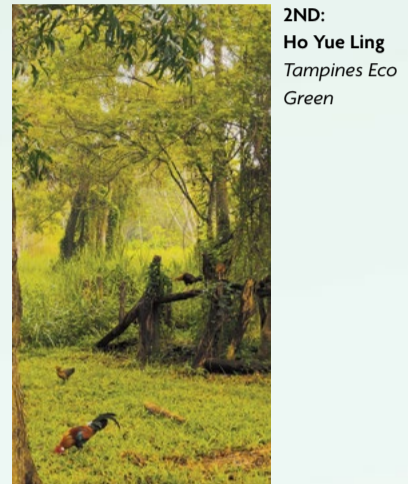


3RD: Tan Hock Siong  
Garden@228

## JUNIOR CATEGORY



1ST: Josni Tang  
Maze Garden



2ND:  
Ho Yue Ling  
Tampines Eco Green



3RD: Kola Sanjana Rao  
Tampines Eco Green



Netizen's Choice  
Chan Wai Meng  
Tampines Green Forest Park

## MEET-THE-PEOPLE SESSION

For the latest blocks in each division, scan this QR code.



# Come & Meet Us on Monday

Meet-the-People Sessions are held every Monday except for the fifth Monday of the month and public holidays.

敬请注意议员会见民众时间将是每个星期一，除了每个月的第五个星期一以及公共假期。

Sesi Bertemu Rakyat (Ahli Parlimen) akan diadakan pada hari Isnin kecuali pada hari Isnin yang kelima setiap bulan dan cuti umum.

நாடாளுமன்ற உறுப்பினர் சந்திப்பு அங்கம் மாத்தின் ஐந்தாவது திங்கட்கிழமையும் பொது விடுமுறை நாட்களும் தவிர்த்த மற்ற ஒவ்வொரு திங்கட்கிழமையும் நடத்தப்படும்.



MR MASAGOS ZULKIFLI

Minister for Social and Family Development,  
Second Minister for Health &  
Minister-in-Charge of Muslim Affairs  
Elected Member of Tampines Town Council  
Member of Parliament for Tampines GRC

### TAMPINES WEST

Blk 143, Tampines Street 12,  
Singapore 520143

☎ 6782 1177  
Mondays: 8pm – 10pm

(Except 5th Monday of the month & Public Holiday)

📍 masagos 📧 masagos.zulkifli@pap.org.sg

### Blocks in this Division:

140-151, 156-166, 801-820, 821-829, 823A,  
826A, 827A-B, 828A, 870A-C, 871B-C,  
872A-C, 873A-B, 874B-D, 875A-B, 876A-C,  
878A-C, 879A-D, 887-889, 887A, 888A, 889A,  
890, 890A-D, 891-899, 891A-B, 892A-899A,  
902-903, 906-916, 921, 921A, 922, 924-946



DR KOH POH KOON

Senior Minister of State, Ministry of Health  
Senior Minister of State, Ministry of Manpower  
Elected Member of Tampines Town Council  
Member of Parliament for Tampines GRC

### TAMPINES CENTRAL

Blk 856, Tampines Street 82, #01-279  
Singapore 520856

☎ 6783 3090  
Mondays: 8pm – 10pm  
(Except 5th Monday of the month & Public Holiday)

📍 drkohpohkoon 📧 pap@tampinescentral.net

### Blocks in this Division:

601, 601A-D, 602A-B, 603, 603A, 604,  
604A-B, 605, 605A-D, 606, 606A-D, 607A-C,  
608, 608A-C, 609, 609A-D, 610, 610A-C, 611,  
612A-B, 613, 613A-B, 614, 614A-B  
701-723, 701A, 704A, 708A, 718A, 720A,  
723A, 724-734, 727A, 730A, 735-742, 742A  
830-856, 842A-H, 856A-F, 857-864, 857A-B,  
858A-B, 859A-B, 860A-B, 861A, 862A,  
863A-B, 864A-B, 865-874, 867A, 868A-D,  
869A-C, 871A, 874A, 875-886, 880A, 882A,  
885A, 886A



MS CHENG LI HUI

Chairman of Tampines Town Council  
Member of Parliament for Tampines GRC

### TAMPINES EAST

Blk 209, Tampines Street 21, #01-1347  
Singapore 520209

☎ 6783 5577  
Mondays: 7:30pm – 9:30pm

(Except 5th Monday of the month & Public Holiday)

📍 chenglihui.sg

📧 pap261@singnet.com.sg

### Blocks in this Division:

201-209, 201A-E, 201G, 202A, 208A,  
210-230, 230A-H, 230J, 231-236, 239-271,  
501-510, 512-513, 512A, 515-520, 515A-D,  
518A-D, 519A-D, 520A-C, 522, 522A-C,  
523A-D, 524, 524A-B, 618A-B, 619A-B, 620,  
620A-B, 621A-B, 622A-B 623, 623A-C,  
624A-B, 625A-B, 626A, 627, 627A-B



MR DESMOND CHOO

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

### TAMPINES CHANGKAT

Blk 114, Tampines Street 11, #01-167  
Singapore 521114 (Every 1st and 3rd Mondays)

Blk 358, Tampines Street 33, #01-666  
Singapore 520358 (Every 2nd and 4th Mondays)

☎ 6781 5329 / 8831 2368

Mondays: 8pm – 10pm

(Except 5th Monday of the month & Public Holiday)

📍 DesmondChooPeyChing

📧 desmondchoop@gmail.com

### Blocks in this Division:

101-114, 117, 124-127, 136-139, 136A,  
272-298, 299A-B, 301-343, 307A, 311A, 316A,  
330A, 331A, 340A, 345-370, 351A, 354A, 359A,  
364A, 366A, 367A, 371-374, 374A, 381-396,  
384A, 390A



MR BAEY YAM KENG

Senior Parliamentary Secretary,  
Ministry of Transport  
Elected Member of Tampines Town Council  
Member of Parliament for Tampines GRC

### TAMPINES NORTH

Blk 444, Tampines Street 42, #01-136  
Singapore 520444

☎ 6782 2177 / 8654 4951

Mondays: 8pm – 10pm

(Except 5th Monday of the month & Public Holiday)

📍 BaeyYamKeng

📧 ykbaey@gmail.com

### Blocks in this Division:

401-450, 450A-G, 451-484, 485A-B, 486A-C,  
487A-C, 488A-B, 489A-C, 490A-B, 491A-H,  
492, 492A-H, 492J, 493A-E, 494, 494A-H, 494J,  
495A-F, 496A-G, 497A-H, 497J-L, 498A-H,  
498J-N, 499, 499A-D