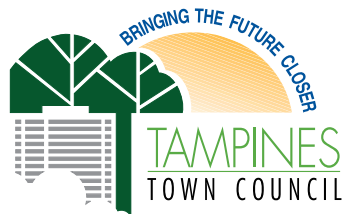


June-September 2016



MCI (P) 095/02/2015

# Tampines

## Tempo



Our Tampines Hub  
P8-9



Operation WE Clean Up!  
P7



My Favourite Place  
Art Competition P5





# Contents

## 03 ANNOUNCEMENTS & UPDATES

- Project Updates
- AIC Financial Assistance Schemes
- iTown@SG
- My Favourite Place in Tampines - Art Competition 2016
- The More We Get-Together, The Happier We'll Be!

## 07 OPERATION WE CLEAN UP!

## 08 OUR TAMPINES HUB

- An Introduction
- Topping-up Ceremony

## 10 RESIDENT FEATURE

- My Neighbour, My Friend
- Hero In Our Midst
- Healing Hands, Giving Heart
- Chasing Dreams

## 12 HAPPENINGS IN TAMPINES

- Youth Environment Ambassadors
- Fitness For All
- Follow That Rainbow
- Kids Thank Our Cleaners!

## 14 FOOD TRAIL

- Mee Rebus
- 4 Coloured Vegetables

## 15 CONTEST & FEEDBACK

- Hari Raya Contest
- Town Council Mailbox

## 16 MEET-THE-PEOPLE SESSION COMMUNITY EVENTS



# Chairman's Message

Dear Residents,

Earlier in March, Finance Minister Heng Swee Keat, announced measures in his Budget 2016 speech, to transform Singapore's economy through enterprise and innovation. Seniors, young families and our town will all benefit from the initiatives.

With more family friendly incentives such as the First Step Grant, eligible Singaporean children born from 24 March will receive \$3,000 up front in their child's Child Development Account (CDA). Low-income seniors aged 65 years and above will receive a sum ranging from \$300 to \$750 each quarter to supplement their retirement incomes under the Silver Support Scheme. Residents can also look forward to more vibrant neighbourhood centres in Tampines as heartland shops are provided with increased support under the Revitalisation of Shops package.

Further to our town's development is the launch of Our Tampines Hub (OTH) in November. With the completion of Phase 1, you can spend quality bonding time with family and friends while maintaining an active lifestyle. Read on to find out what OTH has in store for you.

Gracious living begins with us and there is no better way to start than to get hands-on. In May, 275 participants joined us for a morning of litter picking and we collected a total of 41.55kg of recyclables and 64.16kg of trash!

Do you have treasured memories of a place you often go to in Tampines? My favourite is the Tampines Eco Green Park where everyone can join me in my "#runwithbyk" sessions. Take part in the upcoming My Favourite Place in Tampines Art Competition for a chance to win attractive prizes and be featured in the Town Council's publications.

We wish Mr Heng Swee Keat, who is currently recovering from a stroke, a speedy recovery and we hope to have him back with us soon.

As we enter the month of Ramadan, I would like to take this opportunity to wish all our Muslim friends Selamat Hari Raya Aidilfitri!

Best wishes,  
Baey Yam Keng  
Chairman

亲爱的居民,

财政部部长王瑞杰在三月份发表了其2016年财政预算案声明。预算案计划通过企业化与创新来推动新加坡经济转型,而年长者、年轻家庭和我们的市镇将受益于计划中的各项措施。

在益于家庭的激励举措,如儿童培育户头起步津贴计划下,从3月24日起新生新加坡籍婴儿将在他们的儿童培育户头(CDA)里收到\$3,000。在乐龄补贴计划下,65岁以上的低收入年长者则将在每个季度收到\$300至\$750的补助金,以补助他们的退休收入。此外,“为商店重新注入活力”计划也将为邻里商店提供更多的支援,将淡滨尼邻里中心变得更热闹。

在本市镇的发展计划下,崭新的“我们的淡滨尼中心”(Our Tampines Hub (OTH))在11月份开幕。随着第一阶段计划的完成,您可以在保持活跃生活方式的同时促进与家人和朋友的关系。请仔细阅读本刊物,以了解OTH为您呈献的各种活动。

优雅的生活由我开始。光说没用,还是用实际行动证明。今年五月,275位公众参与“全民清洁大行动”(Operation WE Clean Up)与我们一起捡垃圾。活动中,我们一共收集了41.55公斤的可回收物以及64.16公斤的垃圾!

淡滨尼有没有哪个地方会勾起您的美好回忆呢?我最喜欢到淡滨尼生态公园(Tampines Eco Green Park)跑步,欢迎您和我一起参与我的"#runwithbyk"活动。市镇会也欢迎您参加“我最喜爱的地方”绘画比赛,有机会赢取精美奖品。得奖作品将发表于刊物中。

在此,我们希望目前正在疗养中的王瑞杰先生能够早日康复,并重返团队。

我们即将步入斋月,借此机会,祝愿所有的回教朋友开斋节快乐!

主席马庆炎敬启

Para penduduk yang dihormati,

Pada bulan Mac, Menteri Kewangan Heng Swee Keat mengumumkan dalam ucapan Belanjawan 2016, langkah-langkah untuk mengubah ekonomi Singapura melalui perusahaan dan inovasi. Warga emas, keluarga muda dan bandar kita bakal meraih manfaat daripada inisiatif ini.

Dengan adanya insentif yang lebih mesra keluarga seperti Geran Langkah Pertama, kanak-kanak Singapura yang dilahirkan pada 24 Mac dan seterusnya, akan berlayak untuk menerima \$3,000 dalam Akaun Pembangunan Anak (CDA) mereka. Warga emas yang berumur 65 tahun ke atas dan berpendapatan rendah akan menerima wang berjumlah di antara \$300 hingga \$750 setiap suku tahun untuk menambah pendapatan persaraan mereka di bawah Skim Ihsan Senja. Para penduduk juga boleh menantikan pusat kejiranan yang lebih dinamik di Tampines apabila kedai-kedai kejiranan diberi sokongan tambahan di bawah pakej Mencergaskan Semula Kedai.

Suatu penambahan kepada pembangunan bandar kami adalah pelancaran Hub Tampines Kita (OTH) pada bulan November. Dengan selesainya Fasa 1, anda kini boleh meluangkan masa berkualiti dengan keluarga dan rakan-rakan di samping mengekalkan gaya hidup aktif. Teruskan membaca untuk mengetahui apa yang ditawarkan oleh OTH.

Hidup berbudi pekerti bermula dengan diri kita dan tiada cara yang lebih baik daripada bergotong royong. Pada bulan Mei, 275 peserta menyertai kami pada pagi hari untuk mengutip sampah. Sebanyak 64.16kg sampah dan 41.55kg bahan kitar semula berjaya dikutip pada pagi hari tersebut.

Adakah anda mempunyai kenangan manis di tempat yang anda sering kunjungi di Tampines? Tempat kegemaran saya adalah Taman Tampines Eco Green di mana semua penduduk boleh mengikuti saya dalam sesi-sesi "#runwithbyk". Sertainlah pertandingan seni yang bertemakan 'Tempat Kegemaran Saya' yang akan datang tidak lama lagi. Anda akan berpeluang untuk memenangi hadiah-hadiah menarik dan seni karya anda akan dipaparkan dalam penerbitan oleh pihak Town Council.

Kami ingin mengucapkan kepada Encik Heng Swee Keat, yang kini sedang dalam keadaan pemulihan daripada angin ahmar, untuk cepat sembuh dan berharap beliau akan kembali bersama kami secepat mungkin.

Dengan menjelang bulan Ramadhan tidak lama lagi, saya ingin mengambil kesempatan ini untuk mengucapkan Selamat Hari Raya Aidilfitri kepada semua rakan-rakan Islam kita!

Salam hormat,  
Baey Yam Keng  
Pengerusi

அன்பு குடியிருப்பாளர்களே,

நிதி அமைச்சர் ஹெங் ஸ்வீ கியட் மார்ச் மாத தொடக்கத்தில் ஆற்றிய 2016 ஆம் ஆண்டின் வரவு செலவுத் திட்ட உரையில், தொழில் மற்றும் புதிய கண்டுபிடிப்புகள் மூலம் சிங்கப்பூர் பொருளாதாரத்தை முன்னேற்றும் நடவடிக்கைகளை அறிவித்தார். மூத்த குடியினர், இளம் குடும்பங்கள் மற்றும் நமது நகரம் உட்பட அனைவரும் இவ் நடவடிக்கைகளின் மூலம் பயனடைவர்.

பிரஸ்ட் ஸ்டேப் உபகார தொகை போன்ற மேலும் பல குடும்ப நல ஊக்க தொகையின் மூலம், 24 மார்ச்சிலிருந்து பிறந்த தகுதியுள்ள சிங்கப்பூர் குழந்தைகள் தங்கள் குழந்தை மேம்பாட்டு கணக்கில் (CDA) \$3,000 வரை பெறுவர். சில்வர் சப்போர்ட் திட்டத்தின் கீழ், ஒவ்வொரு காலாண்டிலும் குறைந்த வருமானம் உடைய 65 வயது மற்றும் அதற்கு மேல் வயதுள்ள மூத்தவர்கள் அவர்களின் பணி ஓய்வு வருமானத்துடன் \$300 முதல் \$750 வரையிலான பிற்சேர்க்கை தொகையை பெறுவர். கடைத்தொகுதி புத்துயிர்ப்பு தொகுப்பின் கூடுதலான ஆதரவின் கீழ், மையப்பகுதி கடைகள் உருவாக்கப்படுவதன் மூலம் இன்னும் துடிப்பான அக்கம் பக்க குடியிருப்பை தம்பினிஸ் குடியிருப்பாளர்கள் எதிர்நோக்கலாம்.

நமது நகர மேம்பாட்டு திட்டத்தின் அடுத்த நிகழ்வாக, வருகிற நவம்பர் மாதத்தில் “அவர் தம்பினிஸ் ஹப்” (OTH) துவக்க வெளியீடு காண உள்ளது. முதல் கட்ட பணிகள் முடிவுற்றதும், நீங்கள் நல்ல தரமான நேரத்தை உங்கள் குடும்பத்தினருடன் மற்றும் நண்பர்களுடன் செலவிடுவது மட்டுமல்லாது, நல்ல ஆரோக்கிய வாழ்கை முறையையும் பின்பற்றலாம். OTH வேறு என்னென்ன பயன்பாடுகளை கொண்டுள்ளது என்று கண்டறிய தொடர்ந்து படியுங்கள்.

இனிமையான வாழ்வியல் நம்மிடம் தான் துவங்குகிறது, அதற்கான முயற்சியை நமது கைகளை கொண்டு செய்வதை விட வேறென்ன சிறந்த வழி உள்ளது? கடந்த மே மாதம், ஒரு நாள் காலை 275 பங்கேற்பாளர்கள் எங்களுடன் ஒன்றிணைந்து குப்பை சேகரித்தனர். நாங்கள் மொத்தம் 41.55kg மறுகழற்சி பொருட்களையும் 64.16kg குப்பைகளையும் சேகரித்தோம்.

தம்பினிஸில், உங்களுக்கு மறக்க முடியாத இனிமையான நினைவுகளை ஏற்படுத்திய இடம் ஏதும் உண்டா? எனக்கு மிகவும் பிடித்தது தம்பினிஸ் இகோ கிரீன் பூங்கா, அங்கு அனைவரும் என்னுடைய "#runwithbyk" நிகழ்ச்சியில் என்னோடு கலந்துக்கொள்ளலாம். எதிர்வரும் "என் பிரியமான இடம்" ஓவிய போட்டியில் பங்கெடுத்து, அழகான பரிசுகளை பெரும் வாய்ப்பையும் டவுன் கவுன்சில் வெளியீடுகளில் உங்கள் ஓவியம் வெளியிடப்படும் வாய்ப்பையும் பெறுங்கள்.

தற்போது பக்கவாதத்திலிருந்து குணமடைந்து வரும் திரு ஹெங் ஸ்வீ கியட், கூடிய விரைவில் முழுமையாக குணமடைந்து மீண்டும் எங்களுடன் பணியில் இணைவார்பெய் விரும்புகிறோம்.

ரம்ஜான் மாதம் துவங்கவிருக்கும் இத்தருணத்தில், அனைத்து இஸ்லாமிய நண்பர்களுக்கும் என் இனிய நோன்பு பெருநாள் நல்வாழ்த்துக்களை தெரிவித்து கொள்ள விரும்புகிறேன்.

இனிய வாழ்த்துக்கள்,  
பே யாம் கேங்  
தலைவர்



# Announcements & Updates

## Project Updates

### Home Improvement Programme (HIP)

DIVISION	ESTATE	EXPECTED COMPLETION
Tampines Changkat	Blks 280-286	3Q 2016
Tampines East	Blks 201 A-B, 201 D-E, 202-209	4Q 2016
	Blks 210-214, 224-229	2Q 2018
Tampines North	Blks 444-460	4Q 2017
Tampines West	Blks 801-810	1Q 2018
	Blks 811-820	4Q 2016

For more information and updates, email [hdb@mailbox.hdb.gov.sg](mailto:hdb@mailbox.hdb.gov.sg) or call HDB at 6490 1111.

### Revitalisation of Shops (ROS)

DIVISION	ESTATE	EXPECTED COMPLETION
Tampines West	Blks 821-829	4Q 2016

### Neighbourhood Renewal Programme (NRP)

DIVISION	ESTATE	EXPECTED COMPLETION
Tampines East	Batch 5: Blks 201, 201 A-E, 211-214, 225-227	2Q 2016
Tampines Central	Batch 3: Blks 830-841, 843, 845, 847, 849, 851, 853, 855, 858, 858 A-B, 859, 859A, 860, 860 A-B, 861 & 861A	2Q 2016
	Batch 4: Blks 865-867, 867A, 868-871, 871A, 872-874, 874A, 880A, 881-886 & 886A	2Q 2016

### Completed Works



● Blk 230D Drop Off Porch



● Blk 345 Playground



● Blk 473 Badminton Court



● Blk 322 Fitness Corner



● Blk 842G Residents' Corner



● Blk 843 Fitness Corner



● Blks 156-166 Void Deck Tables and Chairs



## AIC FINANCIAL ASSISTANCE SCHEMES



**1**

**Community Health Assist Scheme (CHAS)**

Enjoy **subsidies** at participating private clinics near your home

**2**

**Seniors' Mobility and Enabling Fund (SMF)**

Seniors can remain mobile and live more independently with the help of up to **90% subsidies** for assistive devices

**3**

**Pioneer Generation Disability Assistance Scheme (PioneerDAS)**

Pioneers with moderate or severe disabilities can receive **\$100 a month** to help with their care needs

**4**

**Caregivers Training Grant (CTG)**

Learn how to better care for your loved ones with a **\$200 training subsidy** each year

**5**

**Foreign Domestic Worker (FDW) Levy Concession for Persons with Disabilities**

When you employ an FDW to look after a frail senior or loved one with disabilities, you pay a **lower levy of \$60 a month**

**6**

**Foreign Domestic Worker (FDW) Grant**

When you hire an FDW to care for your loved ones with moderate to severe disabilities, you receive **\$120 a month**

**Eligibility criteria apply.**

**Need more help?**

- [www.silverpages.sg](http://www.silverpages.sg)
- Singapore Silver Line 1800-650-6060
- [enquiries@aic.sg](mailto:enquiries@aic.sg)

**Visit our AICare Link at any of the following locations:**

- Maxwell Road (MND Annex B)
- Changi General Hospital
- Khoo Teck Puat Hospital
- National University Hospital
- Tan Tock Seng Hospital

**DOWNLOAD OUR FREE MOBILE APP**

Find the eldercare subsidies you can qualify for, at your fingertips.

**AICARE LINK**

Available on the App Store

Get it on Google play

## Download iTown@SG Today!



You can send us your feedback on estate maintenance issues through a free mobile app. Currently used by 13 Town Councils, iTown@SG is a quick and easy platform to share your observations while keeping in touch with the latest updates and developments around you.



### What you need to know about iTown@SG

- ① Just snap, type and send. It even comes complete with a mapping system that will point out exactly where the issue is located at.
- ② A mobile one-stop service centre, the app will also be linked to the Municipal Services Office which ensures your feedback goes to the relevant agency to be resolved.
- ③ Stay connected on the go. You can view your feedback status and the latest news and happenings in Tampines anytime, anywhere.



Simply download the iTown@SG app from the Apple iTunes store or Google Play store and create your profile to begin



The first **200** submissions will each receive a **Gift Voucher** from



# My Favourite Place in Tampines

## Art Competition 2016

Competition  
Closes  
1 Sept, 2016  
5pm

### Competition Categories

- Primary School
- Secondary School
- Open

Primary School	Secondary School	Open
1st Prize - \$300	1st Prize - \$600	1st Prize - \$1500
2nd Prize - \$200	2nd Prize - \$400	2nd Prize - \$1000
3rd Prize - \$100	3rd Prize - \$200	3rd Prize - \$500

### Consolation Prizes

- 10 Merit Prizes - Raffles Dental Package + \$50 Prime Supermarket Voucher
- 10 Consolation Prizes - \$50 Prime Supermarket Voucher
- 2 Most Facebook Likes from each category - A pair of Gardens by the Bay tickets to 2 conservatories.

Contact us by email at  
[Art2016@ttc.org.sg](mailto:Art2016@ttc.org.sg)

Organised by

Supported by

For more information, visit  
[www.tampines.org.sg](http://www.tampines.org.sg)



RafflesDental



百美超级市场  
PRIME SUPERMARKET



# The More We Get-Together, The Happier We'll Be!

Over the weekend of 12 and 13 March, Tampines GreenLeaf, Tampines Centrale 8 and Tampines Alcoves residents were invited to attend welcome parties and a get-together hosted specially for them.

Residents were joined by Mr Baey Yam Keng and Ms Cheng Li Hui.

Organised by the Housing Development Board and supported by the Tampines Town Council (TTC), National Environment

Agency and Singapore Police Force, the events gave residents opportunities to bond with their neighbours while getting to know more about their estate and surrounding facilities.

Through interactive games created by TTC, residents learnt about the works of the Town Council and the importance of mutual respect and graciousness.



“Friends Next Door” children colouring contest



“You can do it too!” Participants learnt how they can play their part to keep our town clean and green



“It’s a great activity and this being the first in our area makes it really lively for us.”

- “Fun Quest” champion, Mr Wong An Kian and family



“I was invited by my neighbour to take part in this contest. It’s definitely an enjoyable experience for both my son and husband.”

- Mrs Kavitha



Puppeteers and their stuffed animal buddies captured the little ones’ hearts







Operation WE Clean Up!



BE PART OF THE GREEN MOVEMENT WITH  
TAMPINES TOWN COUNCIL'S GREEN FRIEND,  
MR TAMPIDY!

# A Little Effort Goes A Long Way

As part of Tampines Town Council's efforts to support the island-wide Operation WE Clean Up! (OWCU) event led by the Public Hygiene Council, 275 participants including residents, grassroots volunteers, staff from the National Environment Agency and students from Temasek Polytechnic joined Mr Heng Swee Keat, Mr Masagos Zulkifli, Mr Baey Yam Keng, Mr Desmond Choo and Ms Cheng Li Hui for a morning of litter picking in their respective divisions on 8 May.

Equipped with gloves, tongs and recyclable trash bags, participants scoured their surroundings with extra vigilance and worked in pairs or teams to remove litter.

The event was held a day after cleaners were told not to pick up the trash and it aimed to create awareness of the environment as well as an understanding of the cleaners' hard work.

Mr Masagos emphasised that it is important for people to be conscious of the impact their actions can have on the environment and also the people around them.

A total of 41.55kg of recyclables and 64.16kg of trash were collected.

Having spent a few hours litter picking, students Jamie and Rakshana observed that a large proportion of people have the tendency to litter. They appreciate that individual initiatives in proper litter disposal can contribute to a cleaner and greener society.

“I was told that the cleaners take just about two minutes to clear the bins. However, if litter is thrown all over the place, it takes twenty minutes of back-breaking work to clean it up.”

- Mr Masagos Zulkifli



Tampines West



Tampines Central



Tampines North



Tampines East



Tampines Changkat



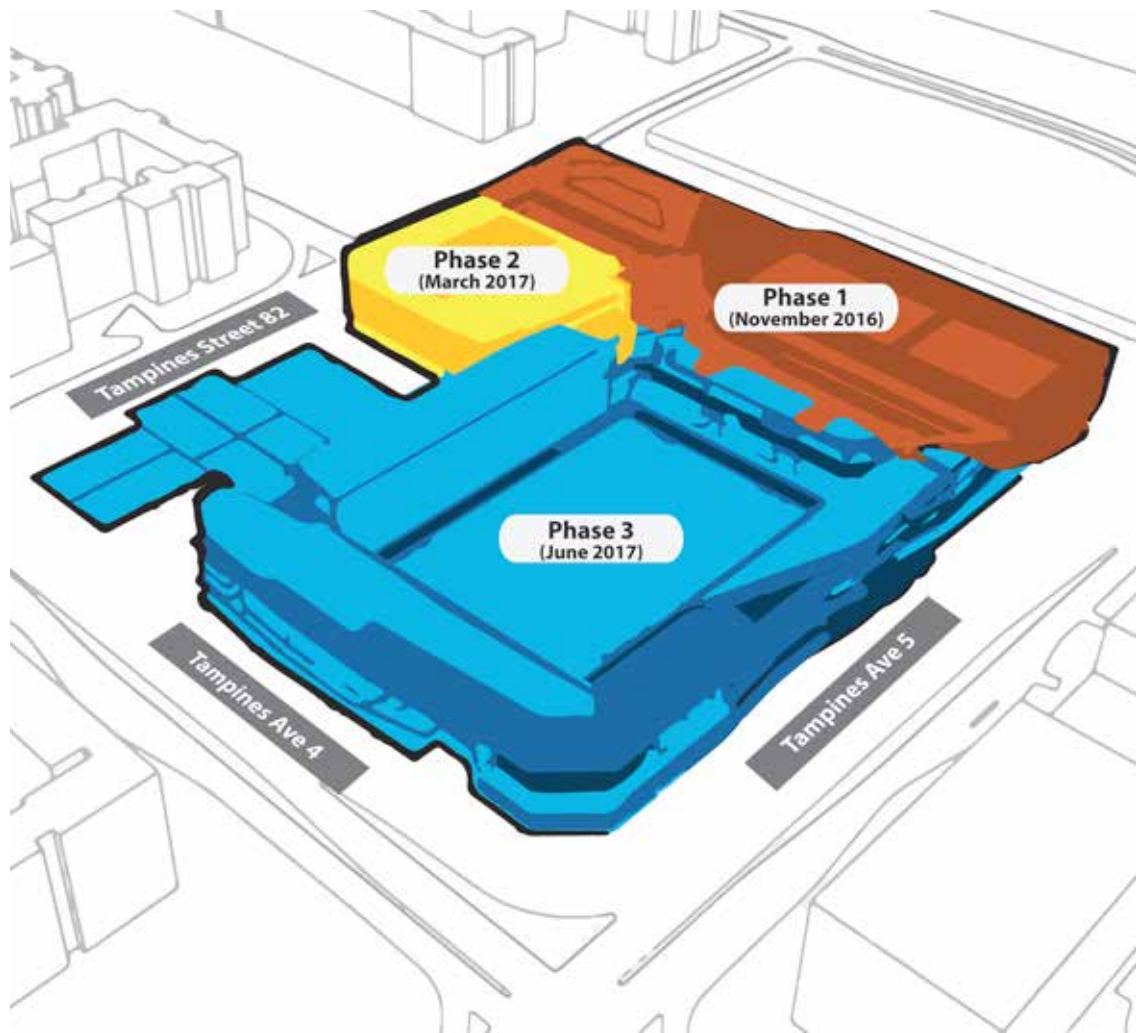


# An Introduction

Our Tampines Hub will be Singapore's first-ever integrated community and lifestyle hub, bringing together multiple agencies, offering a wide range of services and facilities. This project is led by People's Association.



▲ Public Service Centre  
(with an enhanced Citizen Connect Centre)



## OPENING IN PHASE 1 (November 2016)

- Child Care Centre & Community Health Centre (CHC) by Eastern Health Alliance
- Part of the Community Club
- Retail and F&B outlets
- HomeTeamNS Club House
- 800-seat Hawker Centre
- 20 Badminton Courts
- 1,800-seat Team Sports Hall
- PA's Passion Arts Talent Group Centre & Wear House Outlet
- HDB Tampines Branch / MSF & WDA NE CDC Offices

## OPENING IN PHASE 2 (March 2017)

- 24-hour Gym
- Karaoke Facility
- 30-lane Bowling Centre
- Rock Climbing Facility

## OPENING IN PHASE 3 (June 2017)

- 400-seat Performing Arts Auditorium
- Dance & Culinary Studios
- Rooftop Eco-Community Garden
- Regional Library (including a Community Gallery)
- 5000 sq.ft. all-inclusive Indoor Kids Playground
- Community Club
- Sports & Recreation Park (featuring 2 Futsal courts, 4 Tennis courts & 1 Hockey court)



### VOLUNTEER WITH US!

Be an Ambassador for Our Tampines Hub and receive first hand news on developments at the Hub, plus opportunities to join the team on learning journeys and programmes plus other exciting events. Find out what we've been saying to our volunteers by taking a sneak peek at our inaugural newsletter at: <http://othvolun.wix.com/volunteer>

We've also received lots of queries from residents regarding the possibility of running a stall at the Hawker Centre as well as job opportunities at Our Tampines Hub. We're happy to inform you we're in the midst of planning a job fair for August 2016. You can refer to our website <https://www.ourtampineshub.sg> for further details as we move closer to the event date.

Last but not least, we were unable to feature our winning logo at TEMPO's press time but by the time you read this, we would've unveiled the official logo for Our Tampines Hub as voted by you! Log on to our website for details! And while you're at it, 'Like' us on Facebook at <https://www.facebook.com/ourtampineshub> too!



# Topping-up Ceremony



“ We look forward to making Our Tampines Hub truly ours, one where it is overflowing with love and kindness. ”

- Mr Heng Swee Keat

The hype is on! After months of foundation laying and continual construction works, Our Tampines Hub (OTH) will soon open its doors to the public upon completion of the first phase in November 2016.

Located right in the heart of Tampines town where the former Tampines stadium stood, the topping-up ceremony officiated by Mr Heng Swee Keat, Mr Masagos Zulkifli, Mr Baey Yam Keng, Mr Desmond Choo, Ms Cheng Li Hui and graced by former Advisers Mr Mah Bow Tan and Ms Irene Ng was held next to the premise on 21 February.

Addressing the buoyant crowd, Mr Heng thanked all for their hard work, dedication and patience in the building of OTH. Expressing his hopes for the hub to be a place where residents can come together to build a sense of community, Mr Heng launched the Tampines Kindness Movement in support of the Singapore Kindness Movement and urged residents to

contribute ideas towards a kinder and more caring Tampines.

Highlights of the ceremony included the unveiling of three prospective logo designs for OTH where residents and the public were encouraged to vote for their favourite logo while Grassroots Advisers took the lead and indicated their preference electronically.

Fringe performances, games, sports activities and a selection of local delights also kept the crowd thoroughly entertained and gratified as they enjoyed the morning with their family.

Said Ms Yati, a resident, “I’m really excited to witness the progress of OTH and I look forward to using the swimming pool. I’ll definitely bring my friends and family along!”

Sharing a similar sentiment, Mr Jack Ng commented that the OTH will be convenient for the elderly and useful for everyone staying nearby, with all amenities readily available at one location.





# My Neighbour, My Friend

## • Thomas Chan

Thomas Chan and his family's big-heartedness have brought much joy and comfort to their neighbours on the 11th storey of Blk 111 Tampines Street 11.

Every single day for the past 10 years, Thomas has never failed to wash the common corridor and makes an effort to tend his neighbours' potted plants.



Thomas has also been taking care of his elderly neighbours and treats them like his extended family.

"My mum just passed away, so Mr Chan looks out for my dad when my siblings and I are at work. When I can't get my dad on his phone, I will call Mr Chan, his wife or

their helper to help me check on him. I'm very grateful," says his neighbour, Ms Yokie Chew, whose father is 77 this year.

Thomas and his family's untiring efforts to help their neighbours truly epitomise the spirit of caring. They are indeed great role models for the community.

# HERO In Our Midst

## • Daniel Thong

Your idea of a superhero may be one who's clad in a mask, tight suit and comes to save the day, but for Tampines Resident, Daniel Thong, his version comes with a calling to provide the right service in just a few clicks. Daniel shares with us his entrepreneurial journey and what Tampines means to him.

**Do tell us more about ServisHero, and what inspired you to create it.**

ServisHero is an online marketplace that offers services across 50 over categories, including home services and fitness. The idea came to us after graduation when my co-founders and I went through a frustrating experience trying to search for a reliable air-con service provider.

**What is the biggest achievement of your venture to date and what hopes do you have for it?**

Since the launch of ServisHero in June 2015, we've received more than 50,000 downloads of our app and we're processing hundreds of transactions a day. Aside from providing convenience to consumers, we also believe that ServisHero can create new income opportunities for existing small medium enterprises and freelancers.

**Are there any figures whom you look up to?**

I would say both my grandfather and father. My grandfather's tenacity and determination during the Japanese Occupation allowed him to build a better life for him and his 10 children. He moulded my belief that hard work always pays off. My father on the other hand is always helping me to overcome my fear of failure and I've learnt to embrace my passion with his encouragement.

**Which is your favourite place in Tampines?**

Definitely Tampines Central and its hawker centre. To me, Tampines is truly my home as I'm near those who are close to my heart. Also, the proximity to the airport makes it really convenient for me whenever I need to travel to our Malaysia office.

Daniel with his father, William, at University of Oxford



## How does ServisHero work?

Consumers answer short questions on their service needs and submit job requests

Service providers are notified via the app and can respond with their estimated quotes

Consumers can view quotes, profiles and reviews of various service providers all at once





# Healing Hands, Giving Heart

Uncle Chan is a 75 year old retiree who gives residents free osteopathic treatments, better known as *tui na*, at the Senior Citizens Corner located at Blk 916 Tampines Street 91 every Tuesday to Saturday.

The unassuming osteopath has a throng of ardent supporters. Known for his healing hands, his "patients" visit him regularly to seek treatment for their ailments. From young boys sustaining soccer injuries to the elderly, queues can form on certain days at the centre.

To some of them, distance is not an issue. Ms He is a Bedok resident who goes out of her way to visit Uncle Chan at least two to three times a week. Giving testament to Uncle Chan's skills, George Ng, who works as a caretaker at the Singapore Soka Association says, "I'll come by whenever I feel pains or aches. I've also brought my 88 year old mother-in-law to see Uncle Chan and she felt better after two sessions!"

Thank you, Uncle Chan, for selflessly taking care of our community's health!



▲ Uncle Chan's regular patrons

# Chasing Dreams

• Francis Theo

Francis Theo knew just what he wanted to do. Making retirement plans ahead of time, he was all set to develop an artistic career after leaving his full time job as an operations manager. Living in Tampines for the past 12 years, the 66 year old resident derives great joy from documenting his observations through urban sketching. He hopes to encourage other residents to slow down and appreciate the sights through his works.



**Hi Francis! Tell us more about your creative ventures.**

I teach children with special needs art therapy, conduct sketching workshops for schools and work with advertising agencies as a freelance artist and illustrator. I also enjoy other forms of art such as paper cutting, wire crafting and travel photography.

**Do take us through your sketching process, and share with us your favourite Tampines scene.**

My sketches are spontaneous and I never leave home without my sketchbook, fountain pens, water brushes and ink. When I see something interesting, I will find an unobstructed corner and sketch standing.

I love sketching markets, construction sites, buildings, parks and people because of their unique characteristics. Sketching at coffee shops is quite a luxury as I can sit, sketch and enjoy my kopi O.



Look out for Francis' upcoming wall mural at Tampines North Blk 478 in August!

**Do you have any advice for those who wish to pursue art as a hobby?**

Start off by investing in an A5 size sketchbook, some pencils or a pen. Visit galleries, museums and art exhibitions for inspiration. It's important to get out of your comfort zone and simply enjoy sketching. You can also join the Urban Sketchers Singapore's sketchwalk held every last Saturday of the month.



▲ Francis and his grandson, Ryan



# Youth Environment Ambassadors

## Go Green!

Tampines Town Council is committed to:

- Promoting energy efficiency with LED lightings
- Using renewable energy through solar panels
- Planting more trees during the annual Clean & Green week
- Building more cycling tracks and
- Promoting recycling through cash for trash.

Mr Masagos Zulkifli joined members of the Youth Executive Committee (YEC) for a cosy sharing session on 19 March at the Tampines West Community Club.

Speaking on the Earth Hour movement and the much needed awareness of youths to approach prevailing environmental issues, the members aged between 14 and 35 were deep in thought as they reflected on the significance of making lifestyle and general consumption adjustments to mitigate environmental impacts.

Heartened to witness the expansion of YEC over the years, Mr Masagos encouraged them to continue pursuing their interests through disparate interest groups and participate in important causes together for a greener home.

## Q & A segment



Students from Springfield Secondary School displaying their projects and eco-friendly games



# Fitness For All

Residents got up bright and early on 23 April and joined Mr Desmond Choo for an active workout at the Tampines Tree Park's upgraded fitness corner.

Kick starting the morning's event with warm up exercises followed by a power brisk walk around the park, everyone was pumped up to try out the new fitness equipment. Situated just a stone's throw away from home, these facilities bring great

convenience to residents who can achieve a healthier lifestyle at their own time and pace.

The energy was great with everyone mingling and chatting like old neighbours which was reminiscent of the kampong spirit. It is without a doubt that this upgraded space will create more memories for all!





# Follow That Rainbow

“ I think it is more meaningful that we remember him for his legacy so that we continue to be an extraordinary country – to build on it and to move forward together as one regardless of race, language or religion. ”

- Mr Masagos Zulkifli

To mark the first anniversary of the passing of Mr Lee Kuan Yew, residents together with Mr Masagos Zulkifli and Mr Baey Yam Keng gathered at the Tampines Community Plaza on the evening of 23 March.

It was a quiet moment for residents, but also one with renewed peace and hope as they remembered the late Mr Lee.

In his address, Mr Masagos shared that the theme for the anniversary was to “follow that rainbow” like how Mr Lee went after his, and emphasised the importance of moving forward and continuing to build a great nation from the foundation Mr Lee has laid.



▲ Making the Red Box



# Kids Thank Our Cleaners!



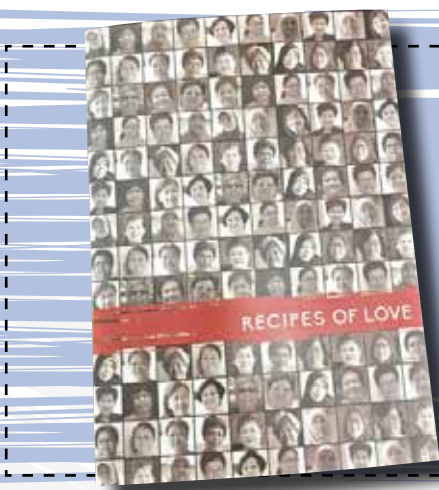
During a child’s formative years, preschool education plays a hefty role in imparting knowledge and inculcating values. One such core value is the responsibility of keeping our environment clean and green.

In line with the “No Cleaners Day” campaign held in Tampines where cleaners have a day off every first Sunday of the month, the PCF Sparkletots Preschool at Tampines North Blk 483 showed their appreciation for the unsung heroes who take care of our living environment tirelessly by organising a lunch specially for them.

Under the guidance of their teachers, children aged three to six years old and staff whipped up a scrumptious meal within the school premises and invited 15 cleaners for a hearty celebration of their efforts. Mr Baey Yam Keng was also present to join in the fun and gave encouragement to our cleaners.







**T**ampines 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 kampong 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 Madam Rosmani and Madam Tay.

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

## MEE REBUS

### HER STORY



### ROSMANI MOHD SUBIR

Madam Rosmani has been running a stall in a school canteen for about 21 years. Initially Mee Rebus was only served on Tuesdays but it was so popular among the students and teachers that it became part of the daily menu. Beyond the school, her family members have also requested Madam Rosmani’s Mee Rebus when they meet and it has now become a staple at family gatherings.

### INGREDIENTS | SERVES 15-20

2kg yellow egg noodles  
½ cup cooking oil  
250g bean sprouts  
5 tbsp fermented beans (taucheo)  
2cm galangal (lightly bruised)  
1 lemongrass (lightly bruised)  
1kg sweet potatoes (boiled and blended)  
4 tbsp meat curry paste  
1 tomato (cut into wedges)  
5 tbsp ground roasted peanut  
5 cups water

#### PASTE (TO BLEND)

50g dried shrimps  
50g anchovies (ikan billies)  
2 big onions  
4 cloves garlic  
2cm ginger

#### GARNISHING

5 green chillies (sliced)  
10 calamansi (lime) (limau kasturi)  
4 blocks beancurd (fried and cut into small cubes)  
5 hard-boiled eggs (halved)  
5 chinese celery (finely chopped)  
5 spring onion (finely chopped)  
1 cup shallots (crisp-fried)

### METHOD

Heat cooking oil in a pot and stir fry the paste until light brown. Next, add in meat curry paste, fry till fragrant. Add taucheo, ground roasted peanut and water. Then, add in galangal, lemongrass and tomato and let the mixture simmer.

Add in the blended sweet potatoes and stir well until it dissolves. Bring it to a boil. Add 5 tablespoons of corn flour mixed with water if the gravy is very thin. Add in salt and sugar to taste and let it simmer for 10 minutes.

In another pot, scald the noodles and bean sprouts, in boiling water. Drain and place in a serving plate. Spoon gravy over the noodles and garnish.



## 4 COLOURED VEGETABLES

### HER STORY



### TAY YOW NAI

This traditional family dish came about because Madam Tay needed vegetarian fares during family gatherings. While there may be many different ways to cook this dish, the recipe to this dish was devised by Madam Tay after much experimentation. Madam Tay’s dishes and cooking have been very well received among family and friends and she has always been happy to share cooking tips with her daughter-in-law and friends. She believes cooking can bring joy to people.

### INGREDIENTS | SERVES 5-8

500g xiao bai cai  
20 pieces baby corn  
2 pieces big tomatoes  
20 pieces mushrooms  
2 tbsp sesame oil  
2 tbsp olive oil  
1 tbsp mushroom essence  
1 pinch salt  
1 pinch sugar  
1 pinch pepper  
1 tbsp corn flour



### METHOD

Boil the xiao bai cai and baby corns in water, adding 2 teaspoons of olive oil, a pinch of sugar and a pinch of salt into the water. When it is ready, strain the xiao bai cai and the baby corns onto a serving plate. Keep the water for later use. Using a scoop of the water, boil the mushrooms for 10 -15 mins over small fire until they soften. Drain the mushrooms dry and fry them with a little sesame oil and mushroom essence until fragrant. Place the mushrooms on the serving plate. Finally, to prepare the sauce, take a scoop of the water, add 2 tablespoons of corn flour and some pepper, and cook until they mix evenly and consistently. To serve, pour the sauce over the vegetables and the dish is complete.



## Contest



**H**ari Raya is just around the corner! Answer the following questions by unscrambling the clues and be one of the five lucky winners to receive an exquisite handmade card.

Send your entry to [feedback@ttc.org.sg](mailto:feedback@ttc.org.sg). Your email must contain the subject title "Hari Raya 2016". Please indicate your name, age, address, telephone number and answers in your email.

1. What is the name of the fasting month? (adarnma)
2. The traditional costume worn during Hari Raya is \_\_\_\_\_. (urnboajgku)
3. Hari Raya is a month where Muslims seek \_\_\_\_\_. (svrgeinofse)
4. It is common to see men wear a \_\_\_\_\_ on their head. (okskgno)
5. One of the all-time favourite goodies eaten during Hari Raya is the \_\_\_\_\_ tarts. (ilpepnpea)

Closing date: 1st August 2016

## Feedback

### Town Council Mailbox

I'd like to compliment the cleaner who was working at the bus stop at Blk 449 on 15 Jan 2016 at 8.50am. He helped to retrieve an elderly lady's ez-link card while I was helping her with her groceries.

- Koh

I'm very pleased with your timely response and efforts to clear the ashes. This is 100% excellent service from the Tampines Town Council. Thank you and best regards.

- Dasimin, Maizan

I just want to thank the cleaner who cleans my block every morning and want to convey my appreciation for his hard work in keeping the estate clean. I always see him doing his work well, even mopping every single tile at the lobby!

- Lim Pearl An

I'd like to thank Mr Hayraimi and the plumber who visited my unit on the evening of 4 Jan 2016. They came to find out more about the plumbing issue and had resolved it. The noises were not heard anymore.

- Heng

Just a short note to convey my thanks and appreciation for the help rendered by Alice from the Finance Department.

I called to inform the Town Council that my conservancy booklet was not returned to me after my March payment. Alice then went the extra mile by keeping in touch with me and ensured that I receive a new booklet.

Keep up the good work.

- Ortega Constance

I'm writing in to compliment Tampines Town Council for a job well done. My husband called the emergency number to get someone to fix our dripping water meter, but after the dripping ceased, it resulted in a very low water pressure. Further actions can only be taken the following week which caused much inconvenience to us. As such, we went to the Town Council to lodge a report the next day. Mr Tan, who attended to us gave assurance that the repairmen would be deployed that very day. True enough, they were very prompt and did an excellent job. In no time, our water supply was back to normal. Now that is real fast service!

- Lydia Wong-Foo

The cleaner in charge of Blk 213 is always hard at work. Whenever I'm exercising at the void deck or even when I happen to look out of my window, he's always working diligently.

- Philip Low

Thank you very much for your prompt reply and actions. I feel very safe and happy to note that we have a very good and responsible Property Officer working at Tampines Town Council.

- Mohamed Yunos

I'd like to compliment Mr Nafis and his team for their prompt actions in resolving the issue at my void deck. If not for them, we would have problems heading back to our block from the car park.

- Ong Tsin Yi

I would like to compliment the cleaner for consistently sweeping and keeping our corridor spotless. Thank you very much.

- Ong Hwee Leng

I would like to commend and compliment the staff and cleaners of Tampines Town Council for their efficiency in the removal of my bulky items. I called the Town Council, and Mr Tan who attended to my request mentioned that the items will be removed from my corridor the following day. To my surprise, the items were removed even before noon. I am truly impressed with the service rendered. Thank you!

- Benson Woon

\*Some of the letters have been edited for brevity and clarity



# Meet-the-People Session



## 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)

Blk 856 Tampines Street 82 #01-279  
Singapore 520856  
Tel: 6783 3090  
Email: hengsweekeat@tampinesgrc.com  
Facebook: www.facebook.com/hengsweekeat

#### Blocks in this Division:

701A, 701-711, 712-723, 716A, 723A, 724-734, 727A, 730A, 735-742, 742A, 830-841, 842-856, 842A, 842B-842H, 856A, 856B-856F, 857A/B-864A, 864B, 865-874, 867A, 868A-D, 869A-B, 869C, 871A, 874A, 875-880A, 881-885A, 882A, 886A



## 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)

Blk 140 Tampines Street 12 #01-426  
Singapore 520140  
Tel: 6782 1177  
Email: masagos.zulkifli@pap.org.sg  
Facebook: www.facebook.com/masagos

#### Blocks in this Division:

140-151, 156-166, 801-820, 821-829, 823A, 826/A, 827A-B, 828/A, 870A, 870B, 870C, 871B, 871C, 887/A, 888/A, 889/A, 891/A-891B, 892/A, 893/A, 894/A, 895/A, 896/A, 890/A-890D, 897/A, 898/A, 899/A, 902-903, 906-910, 911-916, 921/A, 922, 924-935, 936-939, 940-946



## 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)

Blk 444 Tampines Street 42 #01-136  
Singapore 520444  
Tel: 6782 2177  
Email: ykbaey@gmail.com  
Facebook: www.facebook.com/BaeyYamKeng

#### Blocks in this Division:

401-428, 429-443, 496A-G, 444-460, 450A-G, 461-484, 486A-C, 490A/B, 491A-495F, 485A/B, 487A-C, 488A/B, 489A-C, 497A-L, 498A-M, 499, 499A-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)

Blk 114 Tampines Street 11 #01-167  
Singapore 521114  
Tel: 6781 5329  
Email: desmond.choo@live.com  
Facebook: www.facebook.com/DesmondChooPeyChing

#### Blocks in this Division:

101-114, 117, 124-127, 136-139, 272-282, 283-298, 299A/B, 301-323, 324-343, 345-351/A, 352-370



## Ms Cheng Li Hui

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

### TAMPINES EAST

**Mondays: 8pm**

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

Blk 209 Tampines Street 21 #01-1347  
Singapore 520209  
Tel: 6783 5577  
Email: pap261@singnet.com.sg  
Facebook: www.facebook.com/chenglihui.pap

#### Blocks in this Division:

201A-201E, 201G, 202-209, 210-230, 230A-230J, 231-238, 239-248, 249-266, 267-271, 371-396, 501-513, 515, 515A-518D, 516, 517, 518, 519, 519A-519D, 520, 520A-520C, 522, 522A-522C, 523A-523D, 524, 524A-524B

# Community Events



## GRC

### National Day Celebration cum Our Tampines Hub TOP

**GoH:** Tampines GRC Advisers  
**Date:** 9 August 2016  
**Venue:** Our Tampines Hub

Tampines celebrates National Day and marks the Temporary Occupation Permit for Our Tampines Hub. At this time, OTH will be opening several services to the public. This includes the 24-hour supermarket, the hawker centre and childcare services.



## CENTRAL

### National Day Dinner

**GoH:** Ms Cheng Li Hui  
**Date:** 6 August 2016  
**Venue:** Tampines Central Park  
**Time:** 6:30pm to 10pm **Tel:** 6785 0004

Tampines Central brings residents together to celebrate the Nation's Birthday. This event also aims to promote community bonding and social cohesion.



## WEST

### National Day Carnival

**GoH:** Mr Masagos Zulkifli  
**Date:** 6 August 2016  
**Venue:** Tampines Cultural Hub  
**Time:** 5pm to 10pm **Tel:** 6788 1912

Celebrate the nation's birthday with us in a fun-filled night of music at our Tampines West National Day Carnival. Be entertained by musical performances, street buskers and have your fill of snacks like bubble tea, chendol, pasta, kebab and many more. Fun activities such as Wii and Kid's corner will surely entertain the young ones. Participants will also be entitled to receive an exclusively designed tote bag to commemorate the event.



## NORTH

### National Day Celebration

**GoH:** Mr Baey Yam Keng  
**Date:** 6 August 2016  
**Venue:** N4 Courtyard at Blk 480  
**Time:** 5pm to 10pm **Tel:** 6785 7166

This year's celebration at Tampines North will be a nostalgic one as we recap Singapore's progress through the decades. With the theme being "Past to Present", photo booths featuring different eras of Singapore will be available for residents to have fun with the props and capture memorable shots! Together with a buffet dinner, games and a chance to win prizes, residents can look forward to a fun-filled National Day.



## CHANGKAT

### Hari Raya Celebration

**GoH:** Mr Desmond Choo  
**Date:** 30 July 2016  
**Venue:** Tampines Changkat CC Hall  
**Time:** 7pm **Tel:** 6783 9279

Holding great significance to Muslims, Hari Raya is a festivity that marks the successful end of Ramadan - a time for spiritual reflection, improvement, self-discipline and sacrifice.



## EAST

### Mid-Autumn Festival

**GoH:** Ms Cheng Li Hui  
**Date:** 10 September 2016  
**Venue:** Tampines Festival Park  
**Time:** 6pm to 10pm **Tel:** 6786 3227

Come join us in this annual event with residents of different races to celebrate Mid-Autumn festival 2016, with highlights of Chinese cultural performances and stage games.

#### DISCLAIMER

Tampines Tempo is a newsletter published by Tampines Town Council and delivered to the letterboxes of all HDB households in Tampines GRC. Copies of the newsletter can also be collected from the Town Council office and the five Community Clubs in Tampines. The Publisher makes every effort to ensure the accuracy of information in Tampines Tempo but cannot be held responsible for any consequences arising from errors or omissions. All information is correct at the time of printing.

#### Publication Committee

Advisers: Baey Yam Keng, Desmond Choo, Cheng Li Hui  
Chairman: Kieu Li Chong Edgar  
Members: Lee Hin Beo James, William Frederick Timmermann

#### Published by Tampines Town Council

Blk 136 Tampines Street 11  
Singapore 521136

#### Design & Production

Design Fusion Pte Ltd