

October 2016 - January 2017



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Tampines

Tempo



Painting

THE TAMPINES LANDSCAPE



Saving the Earth,
One Stroke at a Time
P6



Those Were the Days
P11

WIN a
pair of
handmade
Diyas



Deepavali Contest
P15



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Chairman's Message

Dear Residents,

Thank you for your active participation in our Art Competition 2016. The entries we have received are all fine demonstrations of the creative talent living here in Tampines! Visit our Facebook page to view all entries and support your favourite piece by clicking the "Like" button. We would like to express our heartfelt appreciation to our sponsors for their support and generous contributions.

As we celebrate our nation's 51st birthday, let us take a moment to reflect on our past, and appreciate how far we have come. Find out more about the Heritage Wall Mural at Blk 478 Tampines Street 44 on Page 11. Be sure to visit the alleyway with your friends and family for a short walk down memory lane.

On another note, we are glad to hear from Minister Heng Swee Keat! Though he is still gradually easing back onto the saddle, he has penned a note for all of you on Page 13. We are all relieved to see him progressing smoothly to a full recovery.

With the recent developments on the Zika situation, I urge everyone to take extra precaution to protect yourself. We must remain steadfast and resolute, and educate ourselves on the virus and its symptoms. Take the necessary safeguards to prevent mosquito breeding in your homes and public, and keep yourselves and your loved ones safe. You can find more information on Page 3.

With major examinations around the corner, I wish all students all the best for their exams. While it is important to study hard, please remember to have adequate rest.

Last but not least, with Phase 1 of Our Tampines Hub (OTH) set to be ready this November, there are plenty of activities awaiting you during the school holidays, and beyond.

Best wishes,
Baey Yam Keng
Chairman

Para penduduk yang dihormati,

Terima kasih untuk penyertaan aktif anda dalam Pertandingan Seni 2016. Kesemua penyertaan yang kami terima telah mencerminkan bakat kreatif penduduk Tampines! Sila kunjungi laman Facebook kami untuk melihat kesemua penyertaan dan menyokong lukisan kegemaran anda dengan mengklik butang "Like". Kami ingin merakamkan penghargaan setulus ikhlas kepada penaja-penaja kami di atas sokongan dan sumbangan murah hati mereka.

Sedang kita menyambut ulang tahun negara yang ke-51, marilah kita mengambil masa untuk merenung masa silam, dan menghargai sejauh mana kita telah maju. Ketahuilah dengan lebih lanjut mengenai Warisan Mural di Blok 478, Tampines Street 44 pada mukasurat 11. Pastikan anda melawati Warisan Mural ini dengan rakan-rakan dan keluarga anda untuk mengenang kisah masa silam.

Dalam perkembangan lain, kami berasa gembira untuk menerima khabar daripada Menteri Heng Swee Keat! Walaupun beliau masih beransur pulih, beliau sempat menulis nota untuk anda semua pada mukasurat 13. Kami semua berasa lega melihat kemajuan pada dirinya untuk pulih sepenuhnya.

Dengan perkembangan terkini mengenai situasi Zika, saya menggesa semua orang untuk mengambil langkah berjaga-jaga melindungi diri anda. Kita mesti tetap berpegang teguh dan tegas serta cekal, dan mendidik diri kita tentang virus dan simptom-simptomnya. Ambillah langkah-langkah perlindungan yang diperlukan untuk mengelakkan pembiakan nyamuk di rumah dan di kawasan awam untuk memastikan diri anda dan orang-orang tersayang selamat. Maklumat lanjut boleh didapati pada mukasurat 3.

Musim peperiksaan hampir tiba. Saya ingin mengucapkan selamat maju jaya kepada semua para pelajar. Dalam kesibukan menelaah pelajaran, saya berharap para pelajar dapat berehat secukupnya.

Akhir sekali, Fasa 1 Our Tampines Hub (OTH) dijadualkan selesai pada bulan November nanti. Banyak aktiviti yang telah dirancang dan akan berlangsung pada cuti sekolah nanti dan seterusnya.

Salam hormat,
Baey Yam Keng
Pengerusi

亲爱的居民

感谢你们踊跃参与2016年绘画比赛。今年参赛作品水平十分高，充满创意！想欣赏参赛作品，请上我们的面簿网页，并给您最喜欢的作品一个“赞”以示支持！在此，我们也由衷感谢各赞助商对这项活动的鼎力支持。

在我们欢庆国家51岁生日的同时，也让我们慢下脚步，回顾路途中的点点滴滴。本刊第11页为您介绍淡滨尼44街大牌478的文化遗产壁画。记得和亲朋好友一同亲临现场欣赏这壁画，让壁画带您走进时光隧道，勾起您的美好回忆。

另一方面，我们收到王瑞杰部长的消息，都十分高兴！虽然王部长现在还未完全回到工作岗位上，但他还是在本刊第13页写了一篇短文，献给他关心的居民们。听闻王部长顺利康复，身体日渐强健，我们都倍感欣慰。

最近，兹卡疫情的发展是国人关注的课题。我在此吁请大家做足防范措施保护自己。我们必须表现出坚韧不拔的精神，同时熟悉兹卡病毒与其症状。无论是在家里或在公共场所，人人都应该做好防蚊与灭蚊措施，保护自己，保护至亲的人。欲知更多信息，请翻阅第3页。

年底是考试的季节，我祝愿莘莘学子考试顺利。备考当儿，别忘了休息，保持最佳状态。

最后，我们的淡滨尼中心（Our Tampines Hub）第一阶段工程即将在十一月落成。届时，将会有许多活动在学校假期时，甚至假期后，等着您一同参与。

主席马炎庆敬启

அன்பு குடியிருப்பாளர்களே,

நாங்கள் ஏற்பாடு செய்த கலை போட்டி 2016க்கு நீங்கள் அளித்த தீவிர பங்களிப்புக்கு நன்றி. எங்களுக்கு கிடைக்கப்பெற்ற அனைத்து நேர்த்தியான கலை படைப்புகளும் இங்கு தம்பினீஸில் நிறைய படைப்பு திறன்மிக்கவர்கள் வாழ்வதற்கு சான்று. எங்கள் பேஸ்புக் பக்கத்திற்கு சென்று, அனைத்து பதிவுகளையும் பார்வையிட்டு உங்களுக்கு பிடித்த படைப்பிற்கு உரிய "லைக்" பொத்தானை அழுத்தி உங்கள் ஆதரவை தெரிவியுங்கள். எங்கள் விளம்பரதாரர்கள் அளித்த ஆதரவு மற்றும் தாராள பங்களிப்புக்கு நாங்கள் எங்கள் இதயப்பூர்வமான பாராட்டு மற்றும் நன்றியை தெரிவித்துக்கொள்ள விரும்புகிறோம்.

நாம் நமது நாட்டின் 51வது பிறந்த நாளை கொண்டாடும் இவ்வேளையில், ஒரு கணம் நாம் கடந்து வந்த பாதையை நினைவுக்கொண்டு அவற்றை போற்றி மகிழ்வோம். 11ஆம் பக்கத்தில் பிளாக் 478, தம்பினீஸ் ஸ்ட்ரீட் 44யில் அமைந்துள்ள நமது மரபடைமை பாதை பற்றிய சுவரொட்டி பற்றி மேலும் தெரிந்துக்கொள்ளுங்கள். கண்டிப்பாக உங்கள் நண்பர்கள் மற்றும் குடும்பத்தினருடன் அச்சுவரொட்டியை சென்று பார்வையிட்டு நீங்கள் கடந்துவந்த பாதையை எண்ணி மகிழுங்கள். மற்றொரு குறிப்பு, நமது அமைச்சர் திரு ஹெங் சுவீ கியெட் நல்ல முறையில் குணமடைந்து வருகிறார் என்ற மகிழ்ச்சியுடன் தெரிவித்துக்கொள்கிறோம். அவர் படிப்படியாக குணமடைந்து வரும் இவ்வேளையில் உங்களுக்காக ஒரு சிறப்பு செய்தியை எழுதியுள்ளார். அச்செய்தியை 13ஆம் பக்கம் பார்க்கவும். அவர் சுமுகமான நல்ல முறையில் குணமடைந்து வருவதை காண மிக்க மகிழ்ச்சியடைகிறோம்.

சமீபத்திய ஜிகா (ZIKA) பரவல் நிலவரத்தையொட்டி, உங்களை பாதுகாத்துக்கொள்ள கூடுதல் முன்னெச்சரிக்கை நடவடிக்கைகளை எடுக்குமாறு அனைவரையும் கேட்டுக்கொள்கிறேன். நாம் உறுதியாக மற்றும் திடமாக இருந்து, ஜிகா கிருமி பற்றிய விவரங்கள் மற்றும் அதன் அறிகுறிகளை தெரிந்துக்கொண்டு கவனமாக இருக்கவேண்டும். உங்கள் வீட்டிலும் பொது இடங்களிலும் கொசு உற்பத்தியை தடுக்கும் பாதுகாப்பு நடவடிக்கைகளை மேற்கொண்டு உங்களையும் உங்கள் அன்புக்குறியவர்களையும் காத்திடுங்கள். இதை பற்றிய மேல்விவரங்களை 3ஆம் பக்கத்தில் பார்க்கவும்.

முக்கிய தேர்வுகள் நெருங்கிக்கொண்டிருக்கும் இவ்வேளையில், தேர்வில் சிறப்பாக செய்ய அனைத்து மாணவர்களுக்கும் என் நல்வாழ்த்துக்களை தெரிவித்துக்கொள்கிறேன். தேர்வுக்கு கடினமாக படிக்க வேண்டியது முக்கியம் என்றாலும், போதுமான ஓய்வு அவசியமானது என்பதை நினைவில் கொள்ளுங்கள்.

அதுமட்டுமல்லாது, நமது தம்பினீஸ் ஹப் (OTH) அதன் முதற்கட்ட நடவடிக்கைகளை வரும் நவம்பர் மாதம் துவங்குகிறதது. வரவிற்கும் பள்ளி விடுமுறையின் போதும் அடுத்தடுத்த மாதங்களிலும் நிறைய நிகழ்ச்சிகள் உங்களுக்காக காத்துக்கொண்டிருக்கிறது.

இனிய வாழ்த்துக்கள்,
பே யாம் கெங்
தலைவர்

Announcements & Updates

ZIKA

SYMPTOMS AND PREVENTIONS

茲卡病毒

茲卡症狀及防范措施

ZIKA

SIMPTOM DAN PENCEGAHAN

ஜிகா

அறிகுறிகள் மற்றும் தடுப்பு முறைகள்

HOW DO I KNOW IF I'M INFECTED

Classic symptoms include fever, rashes, conjunctivitis, headaches, muscle and joint pains. Most infected people do not show any symptoms.

BAGAIMANAKAH UNTUK KETAHUI JIKA SAYA DIJANGKITI?

Simptom-simptom klasik termasuk demam, ruam, konjunktivitis, sakit kepala, sakit otot dan sendi. Kebanyakan orang yang dijangkiti tidak menunjukkan sebarang simptom.

若被感染，如何察觉？

茲卡病毒的典型症狀包括發燒、紅疹、紅眼、頭痛、肌肉與關節疼痛。大部分被感染的病人身上不會出現任何上述症狀。

எனக்கு ஜிகா கிருமி தொற்றியுள்ளதா என்பதை எப்படி அறிவது?

முதன்மையான அறிகுறிகள் காய்ச்சல், தோல் தடிப்பு, கண்களில் எரிச்சல் மற்றும் வெண்பட்டலம், தலைவலி, தசை மற்றும் மூட்டு வலி போன்றவையாகும். ஆனால் பெரும்பாலான பாதிக்கப்பட்ட மக்களுக்கு எந்த அறிகுறிகளும் தென்படுவதில்லை.

WHAT SHOULD I DO?

- Protect yourself from mosquitoes by covering up and using mosquito repellent.
- See a doctor if you start developing fevers or rashes.
- For a pregnant woman with Zika-like symptoms, see a doctor and get yourself tested.
- As the Zika virus can be sexually transmitted, adopt safe sex practices by using condom or consider abstinence throughout the pregnancy.

APAKAH HARUS SAYA LAKUKAN?

- Lindungi diri anda daripada nyamuk dengan baju dan seluar lengan panjang dan gunakan bahan pencegah nyamuk.
- Jumpa doktor sekiranya anda mula mengalami demam dan ruam.
- Bagi wanita hamil yang mempunyai simptom Zika, jumpa doktor dan jalani ujian.
- Oleh kerana virus Zika boleh dijangkiti melalui hubungan seks, amalkan hubungan seks yang selamat dengan menggunakan kondom atau elakkan hubungan seks dalam tempoh kehamilan.

我应该怎么保护自己？

- 做好防蚊措施，尽可能穿长袖长裤，并使用驱蚊剂。
- 若发烧或起红疹，应找医生检查。
- 怀孕期间出现兹卡症状的妇女需迅速求医，接受检查。
- 由于兹卡病毒可通过性行为传染，因此建议妇女怀孕期间使用保险套或避免行房。

நான் என்ன செய்ய வேண்டும்?

- கொசு எதிர்ப்பு சாதனம் மற்றும் முழுமையாக உடை அணிவதன் மூலம் உங்களை கொசுக்களிடமிருந்து காத்துக்கொள்ளுங்கள்.
- காச்சல் அல்லது தோல் தடிப்பு ஏற்பட்டால் உடனே மருத்துவரை நாடுங்கள்.
- கர்ப்பிணி பெண்களே! உங்களுக்கு ஜிகா தொடர்பான அறிகுறிகள் ஏதும் தென்பட்டால், உடனே மருத்துவரை நாடி உங்களை பரிசோதித்துக்கொள்ளுங்கள்.
- ஜிகா கிருமி உடலுறவு மூலம் பரவக்கூடியது என்பதால் ஆணுறை பயன்படுத்துவது போன்ற பாதுகாப்பான உடலுறவு முறைகளை பின்பற்றுங்கள், அல்லது கர்ப்பகால முழுவதும் உடலுறவு கொள்வதை தவிர்க்கவும்.

Do the 5-step mozzie wipeout!

- Turn over all water storage containers
- Remove water from flower pot plates on alternate days
- Change water in vases/bowls on alternate days
- Cover bamboo pole holders when NOT in use
- Clear roof gutters regularly

一起来做“灭蚊5步骤”！

- 将水桶和水容器倒置存放
- 每隔一天清除花盆垫盘里的污水
- 每隔一天给花瓶换水
- 在不使用晾衣竹竿时，将竹竿孔封好
- 定时疏通屋顶檐槽

Lakukan lima langkah Mozzie Wipeout!

- Balikkan semua bekas air
- Buangkan air di piring pengalas pasu bunga setiap dua hari
- Tukarkan air dalam jambangan bunga/mangkuk dua hari sekali
- Tutup lubang penyangkut galah apabila TIDAK digunakan
- Bersihkan alur bumbung rumah anda dengan kerap

இந்த 5 எளிய கொசு துடைத்தொழிப்பு நடைமுறைகளை செய்யுங்கள்!

- நீர் பிடித்து வைப்பதற்காக பயன்படுத்தும் அணைத்து பாத்திரங்களையும் பயன்படுத்தியதும் கவிழ்த்து வைக்கவும்.
- செடிச்சட்டி தட்டுகளில் தேங்கியுள்ள நீரை ஒரு நாள் விட்டு ஒரு நாள் அகற்றவும்.
- மலர் குடுவைகள் மற்றும் மலர் வைக்கும் கிண்ணங்களில் உள்ள நீரை ஒரு நாள் விட்டு ஒரு நாள் அகற்றவும்.
- மூங்கில் கம்புகளை சொருகும் குழாய்களைப் பயன்படுத்தாதபோது மூடிவிடுங்கள்.
- கூரை நீர்கால்வாய்களை அடைத்திருக்கும் கழிவு பொருட்களை அடிக்கடி முறையாக அகற்றவும்.

Healthy Eating, Every Day

Maintaining a healthy diet amid our busy schedules seems pretty challenging. Besides, we're never too far away from our favourite local delights which are easily available at foodcourts, coffeeshops or restaurants!

But the truth is, you don't have to compromise on the taste of your food to be healthy. All you have to do is to simply switch to lower-calorie or whole-grain options – which are healthier, but equally tasty alternatives.

Initiated by the Health Promotion Board (HPB), the Healthier Dining Programme has encouraged more than 1,600 eateries to incorporate healthier ingredients such as healthier oil or whole-grains, into their core menus and also offer lower-calorie meal options. Just look out for eateries with the 'Healthier Choice' decals which can be easily spotted at store fronts or on the menus of the participating outlets.

Lower in calories

Higher in wholegrains

Ask for lower-sugar options

Did you know that a typical eat-out meal contains 700 calories?

Six in 10 Singaporeans are found to have exceeded the recommended daily energy intake. On average, an adult male requires about 2,200 calories a day, while an adult female requires about 1,800 calories (based on average weight and physical activity level of Singaporeans), so it's important to watch your daily calorie intake and opt for healthier meal options.

HEALTHY AND WIN BIG

EAT

DRINK

SHOP

STEP 1

Purchase a healthier item at participating outlets

STEP 2

Receive a Game Card* to Match & Win \$2888 and more

STEP 3

SMS to win the grand prize of \$8888 in the monthly lucky draw

From now till 28 October, stand a chance to win prizes such as \$10 stored-value NETS Flashpay cards or complimentary food and/or drink items etc. when you order a healthier meal or drink at participating outlets. You also stand to win a cash prize of \$8,888 when you participate in the lucky draw contest. So start making each meal a healthy one and live healthier today!

Completed Projects



R&R Blks 156 - 166



Linkway between MSCP at Blk 492A and 491H



Playground at Blk 150



DOP between Blks 494B and 492B



Fitness Corner at Blk 150



R&R Blks 472 - 484



Linkway between Blks 109 and 110



Playground at Blk 104

An inclusive playground is an all-access play facility that helps children with special needs to develop age-appropriate social, communication, motor and cognitive skills. It is also a space for all children to interact and play together, learn to accept differences and have comfortable social interactions with one another.

● CENTRAL ● EAST
● NORTH ● WEST
● CHANGKAT

R&R - Repairs & Redecoration
DOP - Drop Off Point
MSCP - Multi-storey Car Park



DOP at Blk 742A



Inclusive Playground at Blk 727



Linkway between Blks 201D - 208A



Green Plaza at N2 Shopping Street



MSCP at Blk 136A

Home Improvement Programme (HIP)

DIVISION	ESTATE	EXPECTED COMPLETION
Tampines Changkat	Blks 280-286	4Q 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 or call HDB at 6490 1111.

Saving the Earth, One Stroke at a Time

“ The painting of the wall is a great experience for me. It is a pleasure to do something good for the environment. ”

- V S Jithesh, Student



▲ “Thank you for the paint sponsorship!”

“ No effort is too small for environmental conservation. By collaborating with Tampines Town Council, we can reach out to a wider audience and heighten their awareness of good environmental practices. ”

- Mrs Priscilla See, Teacher



To spread environmental awareness, 28 students from East Spring Primary School unleashed their inner artistic instincts and completed a wall mural at Blk 334 Tampines Street 32. Titled “Save the Earth”, the mural is intended to remind residents that their actions, no matter how small, can make a positive difference to our environment.

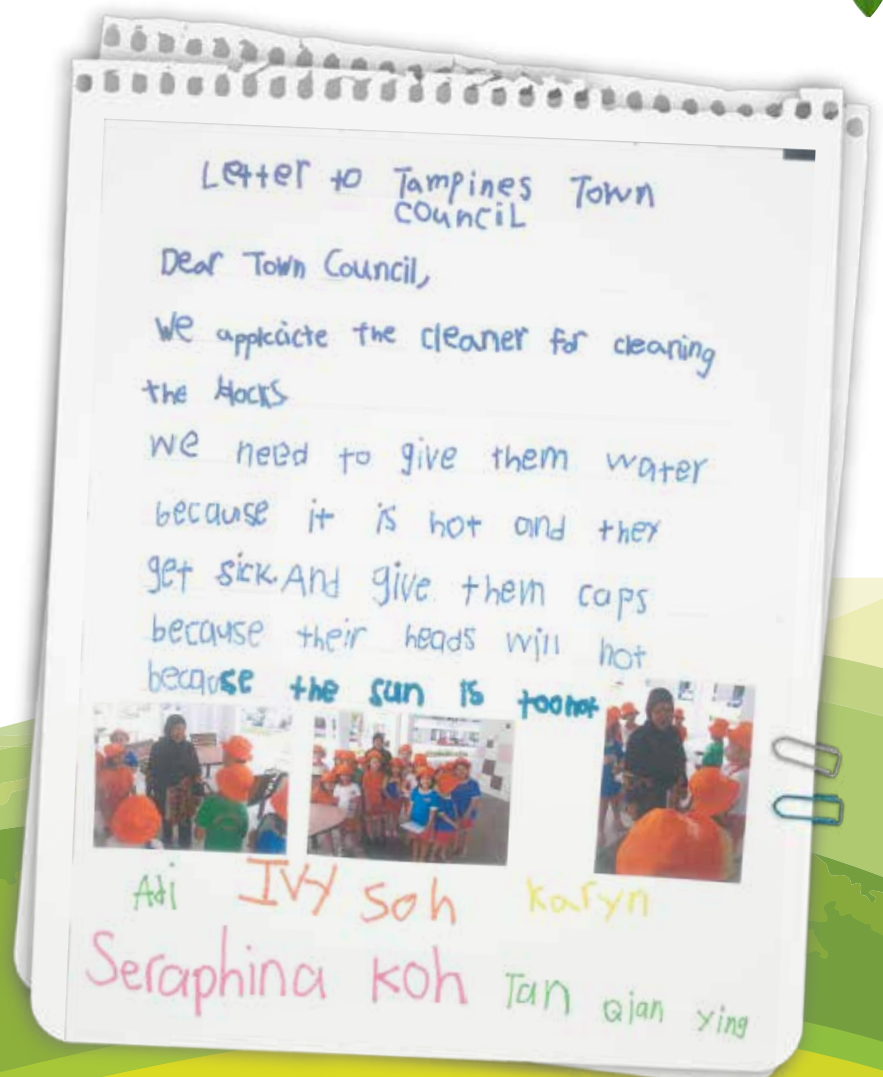
The school also entered the wall mural as a submission for The Environment Challenge for Schools, a national-level competition in which participants can partner organisations to co-create solutions to solve local environmental challenges.

Salute, Little Environment Ambassadors!

Through a mini experiential learning trip around their school compound, 22 K1 and K2 pupils from the Big Apple Child Care and Development Centre learnt how littering can harm the environment and result in mosquito breeding.

Accompanied by their teachers and the Town Council staff, these pint-sized ambassadors made their rounds with their buddies and were taught how to differentiate recyclables from actual trash through a colouring activity.

Wrapping up their trip with an open letter to the Town Council, the pupils shared their heartfelt appreciation for cleaners who toil away rain or shine. May they continue to do their part for the environment and be kind to those around them!



Celebrating Our Unsung Heroes

Dirt, grime, sweat and backaches. These are all in a day's work for the caretakers of our environment. From sweeping corridors, to void deck washing and clearing litter that is strewn around the estates, cleaners are at the forefront of ensuring a gracious home for all of us.

Since 2013, Tampines Town Council (TTC) has initiated the "No Cleaners Day" movement which takes place every first Sunday of each month to acknowledge our cleaners' contributions. On top of well-deserved monthly rest days, TTC organises annual outings which are sponsored by cleaning contractors for cleaners and their families to mark the International Cleaner's Day.

On 5 June this year, 56 conservancy workers and their TTC colleagues visited Gardens by the Bay.

For most of them, it was their first visit to the Gardens and they were awed by magnificent floral displays at the Flower Dome and Cloud Forest conservatories. Returning to TTC after the delightful free-and-easy tour, the trip concluded with the cleaners tucking into their nutritious bento lunch.

Show your appreciation for these unsung heroes when you see them hard at work! All it takes is a simple greeting or a smile for them to feel that their efforts are worthwhile.



SILVER ZONE

Tampines Street 11
Now a Safer Street for Seniors



Silver Zones are areas with enhanced road safety measures such as new signs, road features and markings to change the character of the street, making it safer and more convenient for senior pedestrians to cross the road. This is achieved by reducing speed limits and narrowing roads to lower vehicle speeds, as well as guiding pedestrians to specific crossing points.



#1 RAMP-DOWN & PHASED COURTESY CROSSINGS

Seniors can now enjoy the use of six crossings along Tampines Street 11 with three new courtesy crossings



#2 CHICANES & LOWER SPEED LIMITS

Motorists are encouraged to drive comfortably at a constant safe speed within a chicane. Speed limit signs at 40km/h also enhance the safety of seniors

Special Acknowledgement

Thanks to Mr Desmond Choo and his Grassroots Leaders for their invaluable suggestions, Tampines Changkat residents, especially seniors, can now enjoy the benefits of a safer and enhanced Tampines Street 11. We would also like to thank residents for your strong support during our Silver Zone works.



I can now cross the road at the informal crossings. I feel alot safer moving around Tampines Street 11 on my electric scooter now.

Mr Jeffery Teo, 57
Blk 127 Tampines Resident



The lower road kerbs are elderly-friendly. We can take a break and cross the road in two stages. The road humps slow down cars for us to cross the road and the landscaping is very nice. Tampines Street 11 feels safer and greener now.

Mr Abdullah, 72
Blk 126 Tampines Resident

PAssionArts Festival 2016

“ Our Tampines Hub is not a mall, it is an integration of community facilities. There are art centres, sports centres as well as community activities, all put together to encourage residents to bond through the hub. It becomes a lifestyle for our residents to also practise what I would like to call the culture of kindness in Tampines. ”

– Mr Masagos Zulkifli

On 7 August, some 5,000 Tampines residents, invited guests and stakeholders celebrated National Day and got a preview of the exciting new facilities which await them at Our Tampines Hub (OTH), the first integrated community, lifestyle and sports hub in Singapore.

Led by Grassroots Advisers Mr Masagos Zulkifli, Mr Baey Yam Keng, Mr Desmond Choo, Ms Cheng Li Hui, Mr Sin Boon Ann and Chairman of Our Tampines Hub's Advisory Board, Mr Mah Bow Tan, the cheery morning crowd, donned in red and white, basked in National Day celebrations with a sing-a-long session and performance. The OTH logo was unveiled with the surprise homecoming of Tampines Rovers Football Club, who will now be based at OTH after six years of training and playing in the west.

Dedicated to helping Tampines residents secure employment easily and for the long term, OTH, in partnership with e2i (Employment and Employability Institute) hosted a job fair for residents to improve their skill sets and remain employable. In addition, residents can look forward to a variety of new facilities and services all under one roof with the opening of a Hawker Centre, Food and Beverage outlets, Child Care Centre, Sports Hall, Swimming Pools and other exciting facilities. Our Tampines Hub will open in three phases between November 2016 and June 2017.



Marbling workshop presented by the Tampines GRC Community Arts and Culture Clubs



Connect with a **World Of Wonders** at Our Tampines Hub and enjoy amazing rewards via OTH Mobile!



Available on both iOS and Android, you can now get the latest scoop on what's happening at the Hub, including all current and upcoming events, programmes and even career opportunities. Check out our gallery of pictures from past events as well as the visual gallery of all the facilities at the Hub. You'll also get to enjoy special rewards when you explore all the different features and offerings within OTH Mobile.

Our Tampines Hub will open its doors with the launch of Phase 1 in November 2016, and the mobile app is your must-have accessory to be at the forefront of all current promotions, events, programmes and special features. You'll also be an expert navigator within the Hub for the app will tell you how to reach any destination within the 5.3 hectare Hub in the shortest, most convenient way.

HIGHLIGHTS OF OTH MOBILE

Exclusive Promotions on retail and dining offers

Navigational Tool

Get to where you want to go within the Hub in the quickest and easiest way! Find your car without travelling in circles too!

Bookings

Enjoy fuss-free bookings of badminton courts or any other sports / community / lifestyle facilities via the OTH app!

Connect with the Community

The Hub will be home to Tampines' 6th and largest community club. Check out the latest programmes and interest groups before you enrol for the courses you want - all via the app!

Download OTH Mobile NOW to make the most of your OTH experience - unlock rewards and perks with our customer loyalty programme and gain exclusive access to promotions and events, including other exciting programmes that will unlock a plethora of privileges for you at Our Tampines Hub

Stay ahead of the pack

with the latest updates, features and news on Our Tampines Hub! Get to know the development inside out and participate in the many events, programmes and activities that will be hosted at the Hub.

- Be the 1,000th, 2,000th or 3,000th person to download our app & win vouchers worth \$200 each!

Terms & Conditions apply



National Day Celebrations in Tampines

This is Home, Truly



CONGRATULATIONS TO OUR NATIONAL DAY AWARD 2016 RECIPIENTS

THE PUBLIC SERVICE STAR

Mr Gerald Lim Thien Su, PBM
Mr Vincent Yeo Chew Ho, PBM
Mr Quek Chong Kiang, PBM

National Day Celebrations in Tampines

Those Were The Days



After weeks of anticipation, the heritage mural at Blk 478 Tampines Street 44 was unveiled on 6 August.

Initiated by Mr Baey Yam Keng and helmed by Tampines resident and artist Francis Theo, the wall mural serves not only as a perfect photo background but also a cultural backdrop for multi-generational bonding where grandparents and parents can tell fascinating stories of the past to their little ones.

The unveiling was held in conjunction with the Tampines North National Day Carnival where residents came together for a rousing night of community singing, pledge-taking and movie screening.

“The wall mural is a very meaningful project. I really like the nostalgic theme as it brings back all the fond memories of my childhood.”

– Ms Sally Lam

“Looking around us, it’s a reminder of how far our nation has progressed over the past 51 years. I’d like to thank our pioneer generation and senior citizens who have worked hard together with our leaders to bring Singapore to where we are today. Let’s continue to move forward with our future generations and do our best for our Tampines home and for Singapore.”

– Mr Baey Yam Keng



Scan to see how the wall mural was created

Birthday Wishes for Singapore



Spanning six storeys, the banner collage collectively created by students from Angsana Primary School, Yumin Primary School and East View Secondary School enlivened the joyous mood of our nation’s 51st birthday celebrations.

The students, who are from the art, judo and netball clubs of their respective schools, rolled up their sleeves and worked with supplies provided by the Tampines Town Council. Themed “Building our Singapore of Tomorrow”, each banner was created with their well-wishes, hopes and aspirations for Singapore.

Live Well and Age Gracefully in Tampines



Into its fourth year, the Tampines Raya Bazaar 2016 was launched by Mr Masagos Zulkifli, Mr Baey Yam Keng, Mr Desmond Choo, Ms Cheng Li Hui and Mr Sin Boon Ann. To foster the spirit of Ramadan and as part of the Tampines Kindness Movement, the bazaar served as a platform to reach out to seniors and the needy.

Throughout the month-long bazaar, 20 volunteers from the Malay Activity Executive Committee (MAEC) and the Active Ageing Committee (AAC) took turns every weekend to raise awareness of the schemes administered by the Agency for Integrated Care (AIC).

Earlier this year, AIC piloted a Malay outreach initiative in Tampines Changkat with the support of Mr Desmond Choo. MAEC leaders and volunteers were trained to share information with Malay residents on schemes which can help relieve the financial and caregiving challenges faced by family members taking care of their seniors. This outreach effort will be rolled out gradually to other divisions in the Tampines GRC.

“I’ve learnt a lot from volunteering as an AIC ambassador. Besides sharing information on the assistance schemes, I’ve made friends with many seniors. I’m glad to be able to give back to the community.”

– Ms Jasmine Ng, Member of Tampines North AAC

“We will make Tampines Kindness Movement a cornerstone of everything we do in Tampines. We’d like to show kindness to everyone regardless of race or religion. Even with the best facilities and infrastructure a country may have, they mean nothing if people cannot live together as a gracious society.”

– Mr Masagos Zulkifli



Reliving the Kampung Spirit at The Tampines Trilliant

A plethora of colours lit up the afternoon at the Tampines Trilliant Condominium on 24 July. Residents from all walks of life bonded together as part of pre National Day celebrations with Ms Cheng Li Hui.

From sumptuous treats like satay to creating the Singa painting which symbolises graciousness and kindness, more than 200 residents did not let the rain dampen their spirits as they cooked and enjoyed the bazaar together.

“We will work with Tampines East Community Club this year to see how we can assist the CC to buy food rations and distribute it to the needy families” shared Ms Zhang Xiao Yan, a resident who mooted the idea of the charity bazaar.

“What makes a home, a home? It is not just the family. Neighbours play an important role too. It was good to see the residents here coming together to create a joyous carnival; make friends and at the same time, give back to the community. I could feel the warmth and enthusiasm of the big Trilliant family. Keep the spirit going and strengthen the value of paying it forward.”

– Ms Cheng Li Hui



Happenings in Tampines



Message from

HENG SWEE KEAT

Looking Forward to Seeing You Soon

Dearest friends and residents of Tampines,

I have missed Tampines and all of you very much.

I cannot wait to join you in our community activities again very soon. For now, the doctors say I should let the lungs recover fully after I had a lung infection when I was in the hospital for my stroke. They say there is no need to worry, we just need to give it time.

I wish I could have joined in at so many exciting things, like the launch of the first phase of Our Tampines Hub and our National Day festivities. I was looking forward to them. And of course, all your celebrations and big moments in the last few weeks.

My sincere thanks to my fellow Advisers and all our community leaders and neighbours for keeping Tampines our best home. Warmest thanks too to all of you for sending your best wishes. Your encouragement has been a source of strength for me and my family.

See you all again very soon. Please take very good care of yourselves and each other.

Bollywood Nite 2016

The multi-purpose hall at Tampines Central CC transformed into a dance floor for a night of Bhangra and Bollywood glamour on 28 August. Decked out in elegant saris and Punjabi suits, residents, together with their family members, enjoyed spectacular performances and showed off their best moves that Sunday evening. Mr Sin Boon Ann also attended the annual dance event and gave out prizes to lucky draw winners. With such a boisterous round off for the week, there were absolutely no Monday blues to speak of!



Refreshing Homes and Hearts

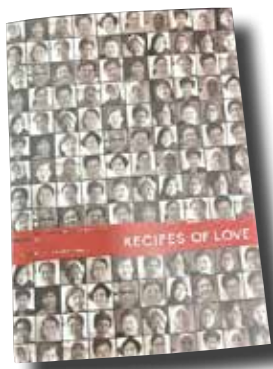
On 23 July, over 160 volunteers comprising leaders from eight NTUC-affiliated unions, members of Young NTUC, youths from Tampines GRC and members of the public conducted one of the largest Young NTUC U Heart (U Heart) programmes since the initiative was launched on 13 July 2016. Through U Heart: Project Refresh, executed in partnership with the North East Community Development Council (NECDC) and Tampines GRC, volunteers helped 60 residents from 30 less-privileged households in Tampines spruce up their homes. The volunteers were joined by Mr Teo Ser Luck, the Mayor of the NECDC and Mr Desmond Choo, Member of Parliament for Tampines GRC and Executive Secretary of Young NTUC.

“Some of our fellow Singaporeans, especially the elderly, might not be physically able to make their homes safer and more comfortable for themselves. Through Young NTUC’s U Heart initiative Project Refresh, our youth volunteers are determined not to leave anyone behind in the progress of our nation and hope to bring the spirit of celebration and cheer closer to the homes of these less-privileged families.”

- Mr Desmond Choo



Project Refresh aims to help 100 households in Tampines by March 2017.



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 Madam Chandra and Madam Wong.

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



BAJJI

HER STORY



CHANDRA SIVARAMA KRISHNAN

Despite its rich and complex flavours, Madam Chandra finds it easy to prepare Bajji and does so quite often. It is a well loved snack in her family. She also makes them in huge batches during festive seasons like Deepavali, giving her relatives and friends a chance for a bite.



INGREDIENTS | SERVES 7-8

1 big red onion
1 large potato
1 medium brinjal
1 red apple
1 medium banana
150g cauliflower

BATTER INGREDIENTS

2 cups gram flour
1 cup rice flour
A pinch of salt
½ tbsp chilli powder
1 pinch asafoetida powder
1 pinch soda powder

METHOD

Mix the batter ingredients with water until smooth. Next, cut the onion, potato, brinjal, apple, banana and cauliflower into even slices. Dip the slices into the batter mixture and fry in oil until golden brown. Strain the oil and serve.



FRIED BEE HOON

HER STORY



LINDA WONG

Madam Wong’s mother used to fry bee hoon for her and her siblings when they were young. As times were hard, this dish became a family staple as it was easy to prepare and could be eaten throughout the day. After learning how to cook it, Madam Wong has since improved the recipe and added more ingredients to enhance the flavours.



INGREDIENTS | SERVES 15-20

PART A

250g shredded carrot
200g string bean
250g char siew
200g fish cake
3 eggs (fried and cut into strips)
3 tbsp cooking oil
3 tbsp chopped onion
2 tbsp chopped garlic

SEASONING FOR PART A

1 tbsp chicken stock powder
1 tsp pepper
½ tsp salt
1 tbsp oyster sauce
150ml chicken stock

PART B

1 packet bee hoon
3 tbsp cooking oil
3 tbsp chopped onion
2 tbsp chopped garlic

SEASONING FOR PART B

1 tbsp oyster sauce
200ml chicken stock

GARNISHING

200g red onion (fry to crisp)
Red chilli (to taste)

METHOD

Heat cooking oil in a wok and fry the onion and garlic. Add ingredients from Part A and stir-fry evenly while adding seasoning. Set aside.

Fry the chopped onions and garlic from Part B before adding the seasoning. Bring the mixture to a boil and add bee hoon over medium heat. Once it is done, add the ingredients from Part A and mix well. Finally, add the fried egg strips and garnishing.



Contest

Thank you for your active participation in
My Favourite Place in Tampines Art Competition 2016

Visit our Facebook page at
www.facebook.com/tampinestowncouncil to view all entries
and support your favourite piece by clicking the "Like" button.



Deepavali Contest Happy Diwali



Celebrate the Festival of Lights! Answer the following questions by unscrambling the clues and be one of the five lucky winners to receive a pair of Diyas.

Send your entry to feedback@ttc.org.sg. Your email must contain the subject title "Deepavali 2016". Please indicate your name, age, address, telephone number and answers in your email.

1. Deepavali is also known as _____, the Festival of Lights. (liadiw)
2. It is celebrated by Hindus to mark the triumph of good over evil and light over _____. (nreksdsa)
3. _____ is usually drawn at the entranceway of homes before Deepavali for blessings. (oginlra)
4. Traditional sweets such as _____ are an important part of the celebration. (mhatii)
5. _____ and dhotis are worn by men, while women wear saris which are usually made from silk, crepe, chiffon and velvet. (uratsk)

Closing date: 17 October 2016, 5pm



Feedback

Town Council Mailbox

My family and I would like to convey our gratitude to the proactive and resourceful staff who were very professional in handling the disposal of our old fridge. Even the workers from a well-known company whose services we have paid for could not do it.

We would like to thank the Tampines Town Council for assisting us. Thank you guys!

- Fareha Azwa

I would like to give my compliments to our Town Council's cleaners who work endlessly to keep Tampines clean. Thank you.

- Mohd Khairudin

I was upset with the mess at Blk 442 which blocked the passageway for my wheelchair-bound sister. When I called the Town Council, Ms June who attended to me did her best to assure me that assistance would be provided. The next morning, Property Manager Ms Jocelyn made a trip down to assess the situation and Ms Jenny, the officer in charge followed up with a call later in the evening to update me on the status. While the area is still a little packed, items are now neatly arranged with some removed. It's definitely much better than before.

I would like to thank all involved for their prompt assistance on this matter.

- Jennifer Chang

On behalf of my father who is a resident at Blk 724, I would like to compliment your staff, Siti Marie Bte Othman. Ms Siti was professional and responsible in addressing the problem we raised. My parents were very happy with her excellent service and we hope she will continue to do the same when assisting other residents.

- Nuraein

Thanks to your immediate action on our feedback, we have noticed that there are fewer mosquitoes around with the cleaners clearing the drains and removing clutter at the lift lobby periodically. It's now a much safer environment for my 1-year-old to be in.

Moving forward, we would appreciate your continual support in ensuring the cleanliness of the area to prevent the threat of dengue fever. Once again, thank you very much for your excellent service.

- Gee Fou

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@tampinesgpc.com
Facebook: www.facebook.com/hengsweekeat

Blocks in this Division:

701A, 701-711, 708A, 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-C, 871B, 871C, 872A-C, 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, 136A, 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: 7:30pm

(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

NORTH Spooktacular 2016

GoH: Mr Baey Yam Keng

Date: 5 November 2016

Venue: Void deck & courtyard at Blk 480
Tampines Ave 9

Time: 7.30pm - 10pm

Tel: 6785 7166



Youth Executive Committee (YEC) brings to you the annual Halloween Haunted House event! This year, brace yourself as you walk through "Kampung Hantu", a village infamous for its eerie sightings and ghouls conjured though black magic by a mysterious Bomoh. Be a part of the search for Squad 480 who were reported missing while trekking near the kampung. Hurry and join us to uncover this mystery!

CENTRAL Multi-racial Children's Day Celebration

Tel: 6785 0004

TAMPINES CENTRAL Multi-racial Children's Day

DATE: 9 Oct 2016, (SUNDAY)
TIME: 9.30am - 12.30pm
VENUE: TAMPINES CENTRAL CC HALL
TICKETS: \$6 (PER CHILD AGE 3-11 YR OLD), \$3 (PER PARENT ACCOMPANYING)
****Entrance by ticket holders only**

Highlights:
- Magic Show
- Mass Dance & Games
(Games and fringe activities starts from 9.30am to 11.15am)
- Fun-filled activities (Chinese heychain clog painting, Bunga monggar, mini kolam)
- Snacks (kacang putih, air batu malaysia (ice popsicle), muah chee)
- Children Competition (multi-racial fancy dress and showcase talent)

Supported by FLC & INC
Organised by Tampines Central CC WEC, INEC, MAEC, Parkview RC & Vista RC
Tampines Central Community Club
856A Tampines Street 83, #02-01, S(521864)
TEL: 6785 0004

WEST CPR & AED Course

Tel: 6788 1912

CPR & AED COURSE (A24989025)
Be equipped to save lives today!
Open to all Singapore citizens, PRs aged 14 years and above

Topics covered:
1. Principles of resuscitation
2. Techniques for CPR
3. AED functions

FREE REGISTRATION!

15 October 2016
10 am - 2 pm
Tampines West CC, Multi-Purpose Hall (Level 2)

COMMUNITY EMERGENCY RESPONSE TEAM (CERT)
By registering, you pledge to join the Tampines West CERT team.
Role: Enhance the neighbourhood's safety, security and rendering help when needed.

CPR & AED certification (validity of 2 years) upon successful completion

Register via www.one.psg.gov.sg or contact Tampines West CC at 6783 7910 for more information.
5 Tampines Ave 3 Singapore 529705
T 6783 7910 / 6788 1912 F 6788 0348
Available on Google Play & App Store

club@west
Community | Lifestyle

Facebook: [TampinesWestCC](https://www.facebook.com/TampinesWestCC)
Twitter: [TampinesWestCC](https://twitter.com/TampinesWestCC)
Instagram: [TampinesWestCC](https://www.instagram.com/TampinesWestCC)

2016 祖亲节半日游与午餐聚会 Grandparent's Day Celebration 2016

Date: 20 November 2016 (Sunday) 星期日

Time: 8am - 3pm 上午八点至下午三点

Fee: \$30/- per pax (十人一桌午餐)

Itinerary: a. Kok Fah Vegetable Farm 国华菜园

景点: b. Wheat Grass Farm 小麦草农场

c. Lunch at Bliss Garden Restaurant (EXPO)

福满楼享用午餐

7.45am assembly at Tampines East CC basketball court

上午七点四十五分在淡滨尼东民众俱乐部篮球场集合

淡滨尼东民众俱乐部乐龄委员会主办

Organised by Tampines East CC SCEC

EAST Grandparents Day Lunch Celebration

Tel: 6786 3227

Join us for a leisurely Sunday farm tour at the Kok Fah Vegetable Farm and Wheat Grass Farm! Find out more about the variety of leafy vegetables that are grown in protective greenhouses and how organic wheat grass is produced. You can also make direct purchases of these healthy crops. Lunch will be served at Bliss Garden Restaurant (Expo).



CHANGKAT Christmas Celebration 2016

GoH: Mr Desmond Choo

Date: 17 December 2016

Venue: Living Hope Methodist Church

Time: 10am to 1pm

Tel: 6783 9279

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.

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